

# What's on at Lordship Hub Co-op in June

Hub Café open daily from 11-5pm. For info on any activities below drop in, email: [hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk), ring 020 8885 5684 or visit [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

Monday	9.30-10.30	<b>Open level Vinyasa Yoga Flow.</b> A dynamic sequence linking breath & movement set to music. Check <a href="#">becky.yoga</a> .	£5
	11.30-1.30	<b>Watercolour class.</b> Price includes paints & brushes. Paper & pencils available to buy. <a href="mailto:info@tottenhamartclasses.co.uk">info@tottenhamartclasses.co.uk</a> .	£8
	4.30-5.30	<b>Kids Yoga</b> , 8yrs upwards. For confidence, strength & flexibility. <a href="mailto:contact@jessicagreen.net">contact@jessicagreen.net</a> . Suggested Donation £5.	Donation
	4.45-5.45	<b>Magic and Wonder.</b> Magic skills for children 8-12yrs. For more info contact Thomas: <a href="mailto:tdixon27@gmail.com">tdixon27@gmail.com</a> .	£5
	7.00-8.00	<b>Capoeira open to all ages, experience &amp; ability.</b> Combining dance, combat, acrobatics and music. <a href="http://www.facebook.com/bambinhos">www.facebook.com/bambinhos</a> .	£5/7.50
Tuesday	10.30-12.30	<b>Silverfit.</b> Exercise for 45+. Yoga, Cheerleading, Nordic Walking, Badminton. Non-members £2.50. <a href="mailto:info@silverfit.org.uk">info@silverfit.org.uk</a> , <a href="http://www.silverfit.org.uk">www.silverfit.org.uk</a> .	£1
	11-2pm	<b>Parent &amp; Toddler Drop in.</b> Charge covers a drink & snack for you & the little one.	£2
	12.30-1.30	<b>Chair Exercises.</b> Chair-based exercise for health, balance and co-ordination suitable for older and/or less agile people. Just come along!	£2
	12.30-2pm	<b>Green Gardeners Gathering.</b> Every 4 <sup>th</sup> Tuesday of the month. 1 <sup>st</sup> meeting of 2017. Share your passion with others. This month: <b>27<sup>th</sup> June.</b>	Free
	12.30-1.30	<b>Coffee with a Cop.</b> Come and discuss any issues affecting you with your local neighbourhood police officer. This month: <b>20<sup>th</sup> June.</b>	Free
	2-4pm	<b>Wildlife Group.</b> Every 4 <sup>th</sup> Tuesday of the month. To plan conservation & optional task in the Rec. This month: <b>27<sup>th</sup> June.</b>	Free
	2-3pm	<b>Postnatal Yoga.</b> Tone up post pregnancy. Get strong, supple and calm all at the same time! Babies welcome. Emma: <a href="tel:07889369775">07889 369 775</a> .	£6
	4.45-5.45	<b>Children's Art Club ages 7+.</b> Painting, Drawing, model making, Batik, shadow puppetry and much more. Contact Jane on <a href="tel:02083657450">020 8365 7450</a> .	£8*
Wednesday	9.30-10.30	<b>Awareness through Movement "Feldenkrais".</b> For more info contact Lynda: <a href="mailto:jessoly02@gmail.com">jessoly02@gmail.com</a> or <a href="http://www.movementaware.co.uk">www.movementaware.co.uk</a> .	£5
	10.30-11.30	<b>Baby Yoga from 6wks to 8months.</b> For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> .	£7*
	11-1pm	<b>Thinking space.</b> Tea and Coffee morning for Tottenham mums. Every 4 <sup>th</sup> Wed of the month. This month: <b>28<sup>th</sup> June.</b>	free
	11.45-12.30	<b>Baby Yoga 8month+.</b> Contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> .	£7*
	4.45-5.25	<b>Ballet &amp; Modern Dance</b> for 3-5 year olds. Contact Suzanne on <a href="tel:07515745529">07515 745 529</a> .	£5.50*
	5.25-6.05	<b>Ballet &amp; Modern Dance</b> for 6 to 13 year olds. Contact Suzanne on <a href="tel:07515745529">07515 745 529</a> .	£5.50*
	6.05-6.45	<b>Tap Dance</b> for 6 to 13 year olds. Contact Suzanne on <a href="tel:07515745529">07515 745 529</a> .	£5.50*
	7-8pm	<b>Pilates mat class.</b> Ellen: <a href="mailto:persistpilates@gmail.com">persistpilates@gmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5.	£8
Thursday	11-2pm	<b>Parent &amp; Toddler Drop in.</b> Charge covers a drink & snack for you & the little one.	£2
	2.30-4.30	<b>Drop in Mixed Media Art sessions for adults.</b> More info - Sandra: <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> .	£3
Friday	10-10.45am	<b>Fun music classes for babies &amp; toddlers.</b> Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. <b>Not on 16th June.</b>	£5
	11.45-12.30	<b>New UMZIMBA presents Barefoot African Dance for Toddlers - an afro-contemporary exploration into the dance basics of rhythm, shape &amp; space.</b> For further info contact Miles: <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / 07496905611	£5
Saturday	8.45-9.45	<b>Pilates mat class</b> <a href="mailto:persistpilates@gmail.com">persistpilates@gmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5.	£8
	9-10am	<b>Open level Vinyasa Yoga Flow.</b> A dynamic sequence set to music. Check <a href="#">becky.yoga</a> Drop in £7 or book blocks at discounted rate £5.	£7
	10-11.30	<b>Antenatal Yoga.</b> Stay fit, strong & supple during pregnancy. To book <a href="http://www.yogaavenue.guru">www.yogaavenue.guru</a> or connect on. <b>Booking essential.</b>	£5
	10.30-11.30	<b>Capoeira - for children from 5-12yrs.</b> Drop in or book in advance. See <a href="http://facebook.com/bambinhos">facebook.com/bambinhos</a> .	£5/7.50
	11-1pm	<b>Friends of Lordship Rec Practical Volunteering.</b> Every 3rd Saturday of the month. Meet in the Café. This month: <b>17<sup>th</sup> June.</b>	Free
	2-5pm	<b>Hub Music Circle.</b> Every 1 <sup>st</sup> Sat of the month. Take turns to play a song, sing or read a poem. This month: <b>3<sup>rd</sup> June.</b>	Free
Sunday	10-11am	<b>Vinyasa Flow Yoga - All levels.</b> Beginners welcome! Check <a href="#">becky.yoga</a> Drop in £7 or book blocks at discounted rate £5.	£7
	11-12	<b>Chi Kung.</b> Exercises based on the principles of Chinese medicine. Contact: <a href="mailto:darcyphil@hotmail.com">darcyphil@hotmail.com</a> for further info.	£5
	1-3pm	<b>Friends of Lordship Rec open meeting.</b> For all Park Users to share news & views about the park. This month: <b>4<sup>th</sup> June.</b>	Free
	5-7pm	<b>Lordship Hub Board Meeting.</b> All members welcome. This month: <b>11<sup>th</sup> June.</b>	Free

The Hub is run by and for the local community. Please get involved by joining the Hub Co-op & park's User Groups.

\* Concessions available.

## HUB NEWS AND SPECIAL EVENTS

### Father's Day at the Hub

Sunday 18th June 12-3pm

#### Dads' Day (with the kids)

Pop-Up food and beer stall, Lego, Painting, Plasticine, Learn to do a plait or ponytail.

**Celebrating all the lovely dads of Lordship Rec!**

### New Classes

#### UMZIMBA presents: Barefoot African Dance for Toddlers



An afro-contemporary exploration into the dance basics of rhythm, shape & space.

**Fridays 11.30-12.30. £5 per session.**

For further info contact Miles:

[umzimba.dance@gmail.com](mailto:umzimba.dance@gmail.com) / 07496905611

#### Capoeira for Adults



Combining dance, combat, acrobatics and music. **Mondays 7-8pm. £5/7.50**

See: [www.facebook.com/bambinhos](https://www.facebook.com/bambinhos)

### Hub News

#### Volunteer at the Hub

The Hub always needs more volunteers, especially in the Café at holiday times. If you have a few hours to spare and want to find out about it, email Carola at: [carola@lordshiphub.org.uk](mailto:carola@lordshiphub.org.uk) or ask in the office

### Community Events

#### MUSICAL VEG



Helping under 5s try fruit and veg with fun, song and dance

Wednesday 7<sup>th</sup> June 2-3pm, Friday 16<sup>th</sup> June 12-1pm and Wednesday 21<sup>st</sup> June 2-3pm

Led by healthy eating specialist, Rowena Humphreys and Musician Liz Liew,

Introductory 3 class offer of £2 per class [www.rowenahumphreys.com/musicalveg](http://www.rowenahumphreys.com/musicalveg)

#### Ladies Friday Night Out Lotions and Potions Friday 16<sup>th</sup> June 7-10pm

Create natural cosmetics and herbal infusions for health from the contents of your own kitchen cupboard. This time there is something special: a fabulous, nourishing skin oil plus . . . you will have to attend to find out!  
£5 - light refreshments available.

#### Health and Lifestyle Market Sunday 25<sup>th</sup> June 1-5pm

A range of stalls - natural cosmetics, hand-made artefacts, textiles and more from local traders.

For information call: 07538717885

Organised by the Women's Association of Lordship Rec (WALR)

# HUB PROGRAMME

## JUNE 2017



Lordship Hub Co-op

Lordship Hub  
Lordship Recreation Ground,  
Higham Road, N17 6NU  
020 8885 5684  
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[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)