

HUB NEWS AND SPECIAL EVENTS

Hub News

Become a Hub Co-operative member
We are a community enterprise and want you to feel a part of its future. To become a member you can buy any number of shares you want, from 1 to 20,000. Each share costs £1. All members get only one vote in any Hub decision making. Go to the Hub website: www.lordshiphub.org.uk/membership

Special Events

Ladies Friday Night

Women's Association of Lordship Rec
Friday 21st April 7-10pm

A taste of what is to come at our 'Ladies Friday Night' events throughout the year.
£3 entry - light refreshments available.

Easter Egg Hunt



Find the Easter Bunny and friends around the park and win a prize!

1.30-3.30pm on Wednesday, 12th April

Pick up your Egg Hunt Sheet at the Hub
£3 per child, £2 for siblings

Saturday 29th April 2-4pm

FUN SPORTS: Rounders and Frisbee ALL ages

Plus, soft play at the Hub for under 3s
11.30-3.30pm

ALL welcome to join in. FREE!

New Classes

■ Postnatal Yoga

Tuesdays, 2-3pm. Cost: £6 per session

Tone up post pregnancy. Get strong, supple and calm all at the same time! **Babies welcome.**
Contact Emma: 07889 369 775

Easter Holiday Activities

Monday April 3rd to Thursday April 13th
£3 per session. Age group 8-12yrs

Register 15 minutes prior to start at Hub or
Broadwater Farm Community Centre

Monday 3rd

Yoga 2pm to 3pm - Hub
Poetry Workshop 3pm to 4.30pm - Hub

Tuesday 4th

Street Dance 2pm to 3pm - Hub

Thursday 6th

Arts & Crafts 2pm to 3.30pm - Hub
Football 2pm to 3.30pm - BWF

Friday 7th

Basketball 2pm to 3pm - BWF

Monday 10th

Boxing 2pm to 3pm - BWF
Yoga 3pm to 4.30pm - Hub

Tuesday 11th

BMX (2 sessions) 10pm to 12.30pm
or 1.30-3.00pm
Street Dance 3pm to 4.30pm - Hub

Thursday 13th

Arts & Crafts 2pm to 3pm - Hub
Football 3pm to 4.30pm - BWF

Organised by Lordship Sports and Activities

Consortium. For more information on Easter

Holiday Activities: Email: Isactottenham@gmail.com



Get more involved in your park

Meet with the Friends of Lordship Rec

First Sunday of each month at the Hub 1-2.30pm

HUB PROGRAMME

APRIL 2017



Lordship
Hub Co-op

Lordship Hub
Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684
hello@lordshiphub.org.uk
www.lordshiphub.org.uk

What's on at Lordship Hub Co-op in April

Café open daily 11-5pm. For info on any of the activities below drop in, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

Day	Time	Regular Activities	Price	Book?
Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check beccy.yoga . Not on 17th April.	£5	No
	11-1pm	Watercolour Class. Price includes paints & brushes. Paper and pencils are available to buy. info@tottenhamartclasses.co.uk . Not on 17th April.	£7	No
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength and flexibility. contact@jessicagreen.net . Only 3rd April. See holiday timetable	£5	No
	4.45-5.45	Magic and Wonder. Magic skills for children 8-12yrs. For more info contact Thomas: tdixon27@gmail.com .	£5	Y/N
Tuesday	10-11am	The Knitting Hub. Knitting group. Babies and children welcome.	Free	No
	10.30-12.30	Silverfit. Exercise for 45+. Yoga, Cheerleading, Nordic Walking, Badminton. Non-members £2.50. info@silverfit.org.uk . www.silverfit.org.uk .	£1	No
	11-2pm	Parent and Toddler Drop in. Charge covers a drink and snack for you and the little one. 4th and 11th April till 4pm.	£2	No
	12.30-1.30	Chair Exercises. Chair-based exercise for health, balance and co-ordination suitable for older and/or less agile people. Just come along!	£2	No
	12.30-2pm	Green Gardeners Gathering. Every 4th Tuesday of the month. 1st meeting of 2017. Share your passion with others. This month: 25th April.	Free	No
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. To plan conservation & optional task in the Rec. This month: 25th April.	Free	No
	2-3pm	New Postnatal Yoga. Tone up post pregnancy. Get strong, supple and calm all at the same time! Babies welcome. Emma 07889 369 775.	£6	No
	4.45-5.45	Children's Art Club ages 7+. Painting, drawing, model making, batik, shadow puppetry and much more. Contact Jane on 020 8365 7450.	£8*	No
Wednesday	9.30-10.30	Awareness through Movement "Feldenkrais". Info: Jessoly02@gmail.com or www.movementaware.co.uk . Not on 12th April.	£5	No
	10.30-11.30	Baby Yoga from 6wks to 8months. Contact Karen: first-touchmassage@hotmail.co.uk .	£7*	No
	11-1pm	Thinking space. Tea and Coffee morning for Tottenham mums. Every 4th Wednesday of the month. This month: 26th April.	Free	No
	11.45-12.30	Baby Yoga 8month+. Contact Karen: first-touchmassage@hotmail.co.uk .	£7*	No
	12-1pm	Coffee with a Cop. Come and discuss any issues affecting you with your local neighbourhood police officer. This month: 26th April.	Free	No
	4.45-5.25	Ballet and Modern Dance for 3-5 year olds. Contact Suzanne on 07515 745 529. Not on 12th and 19th April.	£5.50*	No
	5.25-6.05	Ballet and Modern Dance for 6-13 year olds. Contact Suzanne on 07515 745 529. Not on 12th and 19th April.	£5.50*	No
	6.05-6.45	Tap Dance for 6-13 year olds. Contact Suzanne on 07515 745 529. Not on 12th and 19th April.	£5.50*	No
Thursday	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8	No
	11-2pm	Parent and Toddler Drop in. Charge covers a drink and snack for you and the little one.	£2	No
Friday	2.30-4.30	Drop in Mixed Media Art Sessions for Adults. More info contact Sandra: lastdoorstudio@gmail.com .	£3	No
	10.00-11.00	Fun Music Classes for Babies and Toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. Not on 14th April.	£5	No
Saturday	8.45-9.45	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not on 15th April.	£8	No
	9-10am	Open level Vinyasa Yoga Flow. A dynamic sequence set to music. Check beccy.yoga . Drop in £7 or book blocks at discounted rate £5.	£7	No
	10-11.30	Antenatal Yoga. Stay fit, strong and supple during pregnancy. To book www.yogaavenue.guru or connect on Facebook https://www.facebook.com/YogaAvenueGuru-1505597533052308/ . Not on 15th and 29th April.	£5	Yes
	10.30-11.30	Capoeira. For children from 5-12yrs. Drop in or book in advance. See facebook.com/bambinhos . Restarts on 22nd April.	£5/7.50	Y/N
	11-1pm	Friends of Lordship Rec Practical Volunteering. Every 3rd Sunday of the month. Meet in the Café. This month: Saturday 22nd April.	Free	No
Sunday	2-5pm	Hub Music Circle in the Café. Every 1st Saturday of the month. Take turns to play a song, sing or read a poem. This month: 1st April.	Free	No
	9.30-11.30	Lordship Hub Board Meeting. All members welcome. This month: 9th April.	Free	No
	10-11am	Vinyasa Flow Yoga - All levels. Beginners welcome! Check beccy.yoga . Drop in £7 or book blocks at discounted rate £5. Not on 16th April.	£7	No
	11-12	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further information. Not on 16th April.	£5	No

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.