

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

From May, Café open daily 11-5pm and till 7pm Friday & Saturday. For info on any activities below drop in, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check beccy.yoga . Not on 1st & 29th May.	£5
	11-1pm	Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. info@tottenhamartclasses.co.uk . Not on 1st & 29th May.	£7
	2-3.30pm	NEW Tottenham Theatre Drama Workshop. The Big N17 Community Play. For info Lynda: lyndabrennan18@gmail.com , 07984 190 283	£3
	4.30-5.30	Kids Yoga , 8yrs upwards. For confidence, strength & flexibility. contact@jessicagreen.net . Restarting 22nd May.	£5
	4.45-5.45	Magic and Wonder. Magic skills for children 8-12yrs. For more info contact Thomas: tdixon27@gmail.com . Not on 1st & 29th May.	£5
Tuesday	9.45-10.45	The Knitting Hub – knitting group. Babies and children are welcome!	Free
	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
	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one.	£2
	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
	12.30-2pm	Green Gardeners Gathering. Every 4 th Tuesday of the month. 1 st meeting of 2017. Share your passion with others. This month: 23rd May.	Free
	2-4pm	Wildlife Group. Every 4 th Tuesday of the month. To plan conservation & optional task in the Rec. This month: 23rd May.	Free
	2-3pm	Postnatal Yoga. Tone up post pregnancy. Get strong, supple and calm all at the same time! Babies welcome. Emma: 07889 369 775 .	£6
	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*
Wednesday	9.30-10.30	Awareness through Movement "Feldenkrais". Info: jessoly02@gmail.com or www.movementaware.co.uk . Not on 3rd May.	£5
	10.30-11.30	Baby Yoga from 6wks to 8months. Contact Karen: first-touchmassage@hotmail.co.uk . Not on 31st May.	£7*
	11-1pm	Thinking space. Tea and Coffee morning for Tottenham mums. Every 4 th Wed of the month. This month: 24th May.	free
	11.45-12.30	Baby Yoga 8month+. Contact Karen: first-touchmassage@hotmail.co.uk . Not on 31st May.	£7*
	12.00-1.00	Coffee with a Cop. Come and discuss any issues affecting you with your local neighbourhood police officer. This month: 31st May.	Free
	4.45-5.25	Ballet & Modern Dance for 3-5 year olds. Contact Suzanne on 07515 745 529 . Not on 31st May.	£5.50*
	5.25-6.05	Ballet & Modern Dance for 6 to 13 year olds. Contact Suzanne on 07515 745 529 . Not on 31st May.	£5.50*
	6.05-6.45	Tap Dance for 6 to 13 year olds. Contact Suzanne on 07515 745 529 . Not on 31st May.	£5.50*
Thursday	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8
	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one.	£2
Friday	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com .	£3
	10-11am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, colourful scarves, dancing. £8 for two. Not on 12th May.	£5
Saturday	8.45-9.45	Pilates mat class persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8
	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
	10-11.30	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book www.yogaavenue.guru or connect on. Booking essential. Not on 27th May.	£5
	10.30-11.30	Capoeira – for children from 5-12yrs. Drop in or book in advance. See facebook.com/bambinhos . Not on 27th May.	£5/7.50
	11-1pm	Friends of Lordship Rec Practical Volunteering. Every 3rd Saturday of the month. Meet in the Café. This month: Saturday 20th May.	Free
	2-5pm	Hub Music Circle. Every 1 st Sat of the month. Take turns to play a song, sing or read a poem. This month: 6th May.	Free
Sunday	10-11am	Vinyasa Flow Yoga – All levels. Beginners welcome! Check beccy.yoga Drop in £7 or book blocks at discounted rate £5.	£7
	11-12	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further info. Not on 28th May.	£5
	1-2.30pm	Friends of Lordship Rec open meeting. For all Park Users to share news & views about the park. This month: 7th May.	Free
	4-6pm	Lordship Hub Board Meeting. Followed by Members' Meet-Up till 8.30pm. Everybody welcome. This month: 14th May.	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

Members Meet-Up

Sunday 14th May 6-8.30pm at the Hub

Open to all members and those who want to know more about the Hub and what it means to be a member. Socialise with other members. Find out how you can become more involved (if you want to!) Showing of Hub film and refreshments provided (bring a dish to share if you can). See you there!

Community Event

'Go Wild'



A Lordship Wildlife Group FREE event to celebrate all that is green, wild and natural in the Rec

Sunday 21st May, 12-4.30 pm at the Hub

We will be doing short walks in the Rec with experienced leaders:

1. To identify trees
2. To identify wild flowers.
3. To identify birds, butterflies, bees.

There will also be stalls and FREE SEEDS for all those who want to plant and grow them.

Contact: rutharoot@blueyonder.co.uk

Hub News

Support your local Hub!

The Hub is not funded by the Council or any outside body. We are supported by our community, for which we are very grateful. Would you consider setting up a standing order to help sustain the Hub? If so contact: hello@lordshiphub.org.uk

Special Events

Haringey Walking Fair May 6th, 1-5pm

Walking is a fantastic way to exercise, unwind and discover your neighbourhood. Find out about walking opportunities in Haringey and further afield. Get a FREE Health Check by *One You Haringey*, do Nordic Walking with *Silverfit* or *Xplorer Orienteering* for children.

4 interesting and entertaining Talks and two guided walks ending up in the Rec in time for the Event. One meets at 11am at Alexandra Palace TV tower and the other meets at 11.30am at White Hart Lane Station to follow the Moselle, Haringey's hidden river to Lordship Rec

New Class

TOTTENHAM THEATRE

The Big N17 Community Play
Drama Workshop every Monday from
24th April, 2-3.30pm

We want your stories to make one ginormous stage play - beginners welcome. £3 per session

Contact: lyndabrennan18@gmail.com
07984190283

Volunteer at the Hub

The Hub really needs more volunteers, especially at the weekends in the Café. If you have a few hours to spare and want to find out about it email Carola at: carola@lordshiphub.org.uk or ask in the office

HUB PROGRAMME

May
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