

HUB NEWS AND SPECIAL EVENTS

Book a Room at the Hub

If you want to run a class or public event or to hire the space for a birthday or celebration contact Carola for more information at: carola@lordshiphub.org.uk

Healthy Eating

SNEAKY VEG TALK

Quick and easy ways to introduce vegetables to your own and your children's diet with cheap, delicious tips, tricks and recipes.
7.00pm, July 11th, £2 per person.
Healthy snacks provided.

+ **MUSICAL VEG session July 14th, 1-2pm**
Encouraging under 5s to eat fruit and vegetables with fun, song and dance.
£5/child or £8 for a child plus sibling/s
www.rowenahumphreys.com/musicalveg

New Class

MYSORE STYLE ASHTANGA YOGA

Weekly from 20th July, 9.30-10.30
A traditional approach to develop your own practice with teacher's guidance. Beginners to intermediate.
Contact Valeriya: exploreyouredge.co.uk. Cost £5



Coming up in August

Children's Art Workshops
Contact info: hello@lordshiphub.org.uk
Made of Money (Finance Management Advice)
Contact info: hello@lordshiphub.org.uk

Hub Birthday 15th July

The Hub has been open for 3 years!
Come and celebrate with us, share in some fun activities and make it a great day!
CEILIDH in the evening at 7.30pm. **FREE**

Special Events

CREATIVE RECYCLING ART WORKSHOPS



Make fun things from household waste
This month: Friday 7th July 4-5.30pm
ARTISTIC PAPER LOO-ROLLS

Children aged 3-7yrs (accompanied by adult)
£5 per session per participant

Includes environmental introduction on materials used

For info and booking contact Cati:
07514008460 katiaska@gmail.com
<https://caticreative.wordpress.com/>

Go Grow in the Rec

Fun gardening and food growing activities for children.

Learn to grow food and explore nature
Saturday mornings 12-1.30 from 1st July -19th August
Contact: info@go-grow.org.uk or 07828 080155

Ladies Friday Night Out Quiz Night and Open Mic Night

Friday 21st July 7-10pm

Test your knowledge of the amazing contribution women have made to society in politics, science, arts, entertainment and more
PLUS perform at our Open Mic.
£3 - Winners' share 50% of takings
Light refreshments available.

Womens Association of Lordship Rec
Walordshiprec@gmail.com

HUB PROGRAMME

JULY
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 July

Hub Café open daily from 11-5pm . 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 . Until 17th, resumes September.	£5
	11.30-1.30	Watercolour Class. Price includes paints & brushes. Paper and pencils are available to buy. info@tottenhamartclasses.co.uk .	£8
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength and flexibility. contact@jessicagreen.net . Suggested Donation £5. Last day of term 17th July.	Donation
	4.45-5.45	Magic and Wonder. Magic skills for children 8-12yrs. For more info contact Thomas: tdixon27@gmail.com . Last day of term 17th July.	£5
	7-8pm	Capoeira for all ages, experience and ability. Combining dance, combat, acrobatics and music. www.facebook.com/bambinhos . Last day 24th July.	£5/£7.50
Tuesday	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 and Toddler Drop in. Charge covers a drink and snack for you and the little one. 25th July till 4pm.	£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
	1-2pm	Green Gardeners Gathering. Every 4th Tuesday of the month. Share your passion with others. This month: 25th July.	Free
	12.30-1.30	Coffee with a Cop. Come and discuss any issues affecting you with your local neighbourhood police officer. This month: 25th July.	Free
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. To plan conservation & optional task in the Rec. This month: 25th July.	Free
	2-3pm	Postnatal Yoga. Tone up post pregnancy. Get strong, supple and calm all at the same time! Babies welcome. Emma 07889 369775 . Last day 18th July.	£6
Wednesday	9.30-10.30	Awareness through Movement "Feldenkrais". For more info contact Lynda: Jessoly02@gmail.com or www.movementaware.co.uk .	£5
	10.30-11.30	Baby Yoga from 6wks to 8months. Contact Karen: first-touchmassage@hotmail.co.uk . This month only 5th July, resumes August.	£7*
	11-1pm	Thinking space. Tea and Coffee morning for Tottenham mums. Every 4th Wednesday of the month. This month: 26th July.	Free
	11.45-12.30	Baby Yoga 8month+. Contact Karen: first-touchmassage@hotmail.co.uk . This month only 5th July, resumes August.	£7*
	4.45-5.25	Ballet and Modern Dance for 3-5 year olds. Contact Suzanne on 07515 745 529 . Last day of term 12th July, resumes September.	£5.50*
	5.25-6.05	Ballet and Modern Dance for 6-13 year olds. Contact Suzanne on 07515 745 529 . Last day of term 12th July, resumes September.	£5.50*
	6.05-6.45	Tap Dance for 6-13 year olds. Contact Suzanne on 07515 745 529 . Last day of term 12th July, resumes September.	£5.50*
	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8
Thursday	9.30-10.30	New. Mysore style Ashtanga Yoga. Traditional approach to develop own practice. Mixed levels. Contact Val: exploreyouredge.co.uk . Starts 20th July.	£2
	11-2pm	Parent and Toddler Drop in. Charge covers a drink and snack for you and the little one.	£2
	2.30-4.30	Drop in Mixed Media Art Sessions for Adults. More info contact Sandra: lastdoorstudio@gmail.com .	£3
Friday	10.00-10.45	Fun Music Classes for Babies and Toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. hollyaisbitt@hotmail.com .	£5
	11.45-12.30	Barefoot African Dance for Toddlers. Contact Miles: umzimba.dance@gmail.com / 07496905611 . Siblings £2.50.	£5
Saturday	8.45-9.45	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8
	9-10am	Open level Vinyasa Yoga Flow. Check beccy.yoga . Drop in £7 or book blocks at discounted rate £5. Until 22nd July, resumes September.	£7
	10-11.30	Antenatal Yoga. Stay fit, strong and supple during pregnancy. To book: www.yogaavenue.guru . Booking essential.	£6
	10.30-11.30	Capoeira - for children from 5-12yrs. Drop in or book in advance. See facebook.com/bambinhos . Last day of term 1st July, resumes in September.	£5/7.50
	11-1pm	Friends of Lordship Rec Practical Volunteering. Every 3rd Saturday of the month. Meet in the Café. This month: 15th July.	Free
	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 July.	Free
Sunday	9.30-11.30	Lordship Hub Board Meeting. All members welcome. This month: 9th July.	Free
	10-11	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 information.	£5
	1-2.30pm	Friends of Lordship Rec Open Meeting. For all Park Users to share news & views about the park. This month: 2nd July.	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.