

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

The 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	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> . <b>Not on 28<sup>th</sup> August.</b>	£8
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. <b>1<sup>st</sup>, 22<sup>nd</sup> &amp; 29<sup>th</sup> till 4pm. No sessions on the 8<sup>th</sup> and 15<sup>th</sup> August.</b>	£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
	1-2pm	<b>Green Gardeners Gathering.</b> Every 4 <sup>th</sup> Tuesday of the month. Share your passion with others. This month: <b>22<sup>nd</sup> August.</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>22<sup>nd</sup> August.</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>22<sup>nd</sup> August.</b>	Free
	7-8pm	<b>New. BLISSBOOTCAMP.</b> Full body fat burning & body sculpting fitness classes for all abilities. Walk-ins welcomed. For additional information contact Bliss at <a href="mailto:blissbootcamp@gmail.com">blissbootcamp@gmail.com</a> .	£5
Wednesday	9.30-10.30	<b>Awareness through Movement "Feldenkrais".</b> For more info contact <a href="mailto:lynda@movementaware.co.uk">lynda@movementaware.co.uk</a> or see <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> . <b>Resumes 9<sup>th</sup> August.</b>	£7*
	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> . <b>Resumes 9<sup>th</sup> August.</b>	£7*
	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	9.30-10.30	<b>New. Mysore style Ashtanga Yoga.</b> Traditional approach to develop own practice. Beginners to intermediate. For further info contact Val: <a href="http://exploreyouredge.co.uk">exploreyouredge.co.uk</a> .	£5
	11-2pm	<b>Parent &amp; Toddler Drop in.</b> Charge covers a drink & snack for you & the little one.	£2
	2.30-5.30	<b>Drop in Mixed Media Art sessions for adults.</b> More info - Sandra: <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . August sessions finish at <b>5.30pm.</b>	£3
Friday	10-10.45am	<b>Fun music classes for babies &amp; toddlers.</b> Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. <a href="mailto:hollyaisbitt@hotmail.com">hollyaisbitt@hotmail.com</a> . <b>No session 4<sup>th</sup> August.</b>	£5
	11.45-12.30	<b>Barefoot African Dance for Toddlers.</b> Contact Miles: <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / 07496905611. Siblings £2.50. <b>No session 25<sup>th</sup> August.</b>	£5
	2-2.45	<b>New afternoon session. Barefoot African Dance for Toddlers.</b> Contact Miles: <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / 07496905611. <a href="http://www.umzimba.co.uk">www.umzimba.co.uk</a> Siblings £2.50. <b>No session 25<sup>th</sup> August.</b>	£5
	4-5.30	<b>New Recycling session.</b> First Friday of the month. This month: <b>4<sup>th</sup> August. Magic Tetra Pack</b> – suitable for adult and children 8+	£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
	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> . <b>Booking essential. No session 26<sup>th</sup> August.</b>	£6
	2-5pm	<b>Hub Music Circle in the Café.</b> Every 1 <sup>st</sup> Saturday of the month. Take turns to play a song, sing or read a poem. This month: <b>5<sup>th</sup> August.</b>	Free
Sunday	9.30-11.30	<b>Lordship Hub Board Meeting.</b> All members welcome. This month: <b>13<sup>th</sup> August.</b>	Free
	10-11am	<b>Vinyasa Flow Yoga – All levels.</b> Beginners welcome! Check <a href="http://beccy.yoga">beccy.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 information. <b>No session 27<sup>th</sup> August.</b>	£5
	1-2.30pm	<b>Friends of Lordship Rec open meeting.</b> For all Park Users to share news & views about the park. This month: <b>6<sup>th</sup> August.</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.

Lordship Hub has 2 rooms for public and private hire. If you want to run a class or hire a room for a party or public event please contact [carola@lordshiphub.org.uk](mailto:carola@lordshiphub.org.uk) or ring 020 8885 5684

## HUB NEWS AND SPECIAL EVENTS

### New Classes

#### **BLISSBOOTCAMP - Tuesdays 7-8pm**

Full body fat burning & body sculpting fitness classes for all abilities. Walk-ins welcomed. **£5 per session**. For additional information contact Bliss at : [blissbootcamp@gmail.com](mailto:blissbootcamp@gmail.com)

#### **Mysore style Ashtanga Yoga**

**Thursdays 9.30-10.30am**

Traditional approach to develop own practice. Beginners to intermediate. **£5 per session**. For further info contact Val: [exploreyouredge.co.uk](http://exploreyouredge.co.uk)

#### **Barefoot African Dance for Toddlers**

is starting an additional afternoon group from **2-2.45pm on Fridays**. Contact Miles: [umzimba.dance@gmail.com](mailto:umzimba.dance@gmail.com) / 07496905611. [www.umzimba.co.uk](http://www.umzimba.co.uk) **£5** (Siblings £2.50).

### Summer Arts Events

#### • **Children's Art Classes in August**

Tuesday 8<sup>th</sup> 11-12.30pm, Thursday 10<sup>th</sup> 12-1.30pm and Thursday 17<sup>th</sup> 11-12.30pm  
£2 for materials.

#### • **Recycling Art Workshop - 4<sup>th</sup> August**

Creativity with Tetra-Packs - suitable for adults and children 8+. **£5 per session**. 4-5.30pm

#### • **Fun Paper Crafts with Nina**

Make colourful bunting flags for your room with your name on it. Age 5+, 2 sessions. Tuesday 15<sup>th</sup>: morning session 11-12pm, afternoon session 2-3pm. **£1 for materials**

### Community Event

#### **Festival for Young People**

Organised by Lordship Sports and Activities Consortium

**In Lordship Rec**

**Saturday, August 12<sup>th</sup>, 1-5pm**

**Activities for 6-18yrs**

**Sports, Music, Street Dance, Art, Stalls and Food**

**PLUS Special activities**

**Zorbing, Climbing Tower, Pony Rides**

For more details contact:

[lsactottenham@gmail.com](mailto:lsactottenham@gmail.com)

Pan Nation presents:



#### **BLOCKORAMA**

**Battle of the steel pans**  
**Saturday, August 12<sup>th</sup>**  
**12-7pm, Lordship Rec, FREE**

**Go Grow** children's gardening club on the terrace at the Hub. Meets 12-1.30pm. All children welcome. Free. August 12<sup>th</sup> & 19<sup>th</sup>

**Father & Baby Yoga sessions** 11-12pm at the Hub. Free taster session. Learn calming massage techniques for babies. August 12<sup>th</sup>

### Special Events

**BABY MASSAGE 5-WEEK COURSE:**

Thursdays 10<sup>th</sup> August - 7<sup>th</sup> September, 10-11.30am

**£70 for course**. [first-touchmassage@hotmail.co.uk](mailto:first-touchmassage@hotmail.co.uk).

[www.iaimbabymassage.co.uk/karenjames](http://www.iaimbabymassage.co.uk/karenjames)

**MADE OF MONEY Workshops** - helping to manage your money and deal with debt. Thurs 3<sup>rd</sup> 11-1pm, Thurs 10<sup>th</sup> 11-1pm. Free.

# HUB PROGRAMME

## AUGUST 2017



Lordship  
Hub Co-op

Lordship Recreation Ground,  
Higham Road, N17 6NU

020 8885 5684

[hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)

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