

What's on at Lordship Hub in October

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 becky.yoga . No session 16th October	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. info@tottenhamartclasses.co.uk .	£8
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength & flexibility. contact@jessicagreen.net . Suggested Donation £5. No session 23rd October.	Donation
	5-6pm	Capoeira – for children 5-12yrs. Drop in or book in advance. See www.facebook.com/bambinhos . No session 23rd October.	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos . No session 23rd Oct.	£5
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 & Toddler Drop in. Charge covers a drink & snack for you & the little one. No session 24th October.	£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: 24th October.	Free
	2-3pm	Postnatal yoga class- gentle sessions to support you in recovery, getting back into shape & bonding with your baby. Babies pre-crawling welcome, no experience of yoga necessary. For more info check: becky.yoga .	Free
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. To plan conservation & optional task in the Rec. This month: 24th October.	£6
	4.45-5.45	Magic and Wonder. Magic skills for children 8-12yrs. For more info contact Thomas: tdixon27@gmail.com . No session 10th and 24th October.	£5
	7-8pm	BLISSBOOTCAMP. Full body fat burning & body sculpting fitness classes, all abilities. Walk-ins welcomed. For info Bliss at blissbootcamp@gmail.com .	£5
	7-8pm	New. Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcasyoga.com . Starts: 24th October.	£5
Wednesday	9.30-10.30	Restarting. 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. For more info contact Karen: first-touchmassage@hotmail.co.uk . No session 4th October.	£7*
	11-1pm	Thinking space. Tea and Coffee morning for Tottenham mums. Every 4th Wednesday of the month. This month: 25th October.	Free
	11.45-12.30	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . No session 4th October.	£7*
	4.45-5.25	Ballet & Modern Dance for 3-5 year olds. Contact Suzanne on 07515 745 529. No session 25th October.	£7.50*
	5.25-6.05	Ballet & Modern Dance for 6 to 13 year olds. Contact Suzanne on 07515 745 529. No session 25th October.	£7.50*
	6.05-6.45	Tap Dance for 6 to 13 year olds. Contact Suzanne on 07515 745 529. No session 25th October.	£7.50*
	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8
Thursday	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one. No session 26th October.	£2
	12.30-1.30	Coffee with a Cop. Come and discuss any issues affecting you with your local neighbourhood police officer. This month: 26th October.	Free
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com .	£3
Friday	10-10.45	Fun music classes for babies & toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . No session 27th October.	£5
	11.45-12.30	Barefoot African Dance for Toddlers. Contact Miles: umzimba.dance@gmail.com / 07496905611. Also see: www.umzimba.co.uk Siblings £2.50.	£5
	2-2.45	Barefoot African Dance for Toddlers. Contact Miles: umzimba.dance@gmail.com / 07496905611. Also see: www.umzimba.co.uk Siblings £2.50.	£5
	3.30-5.30	New. Monthly Litter-free Walks & Recycled Art Workshops. Contact Catia: katiasqua@gmail.com , 07514 008 460. This month: 13th October	Free

See over for weekend classes (always check Hub website for any cancellations or changes: www.lordshiphub.org.uk)

* Concessions available

Halloween Fun

Saturday 28th October 5.00-8.00pm
Pinata, Lantern making and spooky story walk
Contact: 020 8885 5684 for details

Women's Craft Night

Ladies Friday Night Out
Friday 20th October 7.00-10.00pm
Fun, Creative Activity £5 including materials.
Contact: walordshiprec@gmail.com

New yoga class

Vinyasa Flow Yoga with Dorcas
Tuesdays 7-8pm, starting 24th October
Drop-In session £5.
Visit: dorcasyoga.com

Saturday		
8.45-9.45	Pilates mat class Drop in £8 or book blocks at discounted rate £7/£5 persistpilates@gmail.com	£8
9-10am	Open level Vinyasa Yoga Flow. Check: beccy.yoga Drop in £7 or book blocks at discounted rate £5. Not 14th Oct.	£7
10-11.30	Antenatal Yoga. Stay fit, strong & supple during pregnancy. Booking essential. To book: www.yogaavenue.guru .	£6
10.30-11.30	Zumba with Tara. 45 mins Aerobic dance workout party followed by 15 mins stretch and relax. Contact: 07984 448 488.	£5
11.45-12.45	Toddler Yoga. 20mths to 4yrs. Stretch, move & relax together. Contact: first-touchmassage@hotmail.co.uk £8 or £40 for 6 sessions. Not 7th Oct.	£8
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: 7th October.	Free
Sunday		
9.30-11.30	Lordship Hub Board Meeting. All members welcome. This month: 8th October.	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
1-2.30	Friends of Lordship Rec Open meeting for all Park Users to share news & views about the park. This month: 1st October	Free

Halloween Costume Swap

Free SEW SPOOKY Event

Costume Swap & Workshop all based around *spookiness!*
27th October, 3-6pm. Contact: 020 3701 7542
dora@hubbub.org.uk

HUB NEWS AND SPECIAL EVENTS

Recycled Art Workshop

Litter-Free Walks and Workshop

FREE session (1 of 4) to exercise, tidy up your local community, socialise & make craft from waste. **30 min** walk and litter-picking and **90 min** workshop.
Friday 13th Oct, 3.30-5.30pm: aluminium cans.
Contact: 07514008460 katiasqua@gmail.com

Harvest Festival Banquet

Delicious Hearty Banquet, Fundraiser for the Hub Saturday 21st October 7.30-10.30pm

2 Course Seasonal Meal plus Folk music, singing and apple bobbing! Free glass of cider or apple juice per meal.
£15 per person. All dietary requirements catered for
Email: hello@lordshiphub.org.uk to book a place.

Black History Month

SPECIAL Activities for Black History Month Wednesday 25th October 2-5pm (2 sessions)

Kandace Chimbiri, author of *The Secrets of the AfroComb - 6000 years of art and culture* will run 2 art sessions for children age 5-7 (2-3pm) and 8-12 (3-5pm) with entertaining introduction to the subject followed by an **art workshop**.
£2 per child (extra siblings free) **Please Book.**

Thursday 26th October 2-4pm

Michael Henry will introduce children and adults to *Grasmatyx*, a method of maths teaching, developed in the Caribbean by Dr Richard Yates to help adults and children overcome intimidation by, and fear of maths.

Sunday 29th October 12-6pm

1-2pm Talk on black on black crime & the justice system.
2.30-4.30 **Flo Headlam**, the first black woman presenter on TV's *Gardeners' World* will talk about her life and her passion for gardening with a presentation and Q&A. £3.
5-6pm Talk on Liberation and Rebellion of Carnival.

PLUS Vegan Caribbean Pop-Up, Book Stall and more . . .

See www.lordshiphub.org.uk for more details
To book workshop email: hello@lordshiphub.org.uk



LORDSHIP HUB
Community building in every sense

OCTOBER 2017 PROGRAMME



Lordship Hub

Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684

hello@lordshiphub.org.uk
www.lordshiphub.org.uk

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