

What's on at Lordship Hub in December

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 . Last class 18th December.	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. info@tottenhamartclasses.co.uk . Last class 11th December.	£8
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength & flexibility. contact@jessicagreen.net . Suggested Donation £5. Last class 18th December.	Donation
	5-6pm	Capoeira – for children 5-12yrs. Drop in or book in advance. See www.facebook.com/bambinhos . Last class 4th December.	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos . Last class 4th December.	£5
Tuesday	10-11am	Postnatal Yoga - 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 contact: becky.yoga . Last class 19th December.	£6
	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 . Last date 19th December.	£1
	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one. Last session 19th December.	£2
	12.30-1.30	Chair Exercises. Chair-based exercise for health, balance and co-ordination for older and/or less agile people. Just come along! Last class 19th Dec.	£2
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcasyoga.com . First class FREE. Last class 19th December.	£5
Wednesday	9.30-10.30	Awareness through Movement "Feldenkrais". For more info contact: Jessoly02@gmail.com or www.movementaware.co.uk . Last class 13th Dec.	£5
	10.30-11.30	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Last class 13th December.	£7*
	11.45-12.30	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Last class 13th December.	£7*
	6.30-8.30	Lordship Hub Board Meeting. All members welcome. This month: 13th December.	Free
	7-8pm	Acting Improv for All – express yourself, build confidence and have a laugh. contact: lukeharding1@hotmail.com . Last class 13th December.	£5
	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Last class 13th December.	£8
	7.30-9.30	New. Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 13th Dec.	Free
Thursday	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one. Last session 14th December.	£2
	2.30-5.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Continuing all through the Christmas holidays.	£3
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . Last class 15th December.	£5
	11.45-12.30	Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50. Last class 22nd Dec.	£5
	3.30-5.30	Monthly Litter-free Walk and Recycled Art Workshop – 30-minute walk and creative workshop with Plastic Packaging. This month: 15th December. Contact: katiasqua@gmail.com .	Free
Saturday	9-10am	Pilates mat class Drop in £8 or book blocks at discounted rate £7/£5 persistpilates@gmail.com . Last class 16th December.	£8
	9-10am	Open level Vinyasa Yoga Flow. Check: becky.yoga Drop in £7 or book blocks at discounted rate £5. Last class 16th December.	£7
	10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru . Booking essential. Last class 16th December.	£6
	10.15-11.15	New time. Toddler Yoga. 20mths to 4yrs. Stretch, move & relax together. Contact: first-touchmassage@hotmail.co.uk . £8 or £40 for 6 sessions. Last class 16th December.	£8
	11.30-12.15	New. Family Singing. Music, rhythm & singing sessions with a difference. Suitable for 0-4yr olds. Just Drop In. £2 for siblings. 9th & 16th December.	£5
	2-5pm	Hub Music Circle in the Café. Usually every 1st Saturday of the month. Take turns to play a song, sing or read a poem. This month: 9th December.	Free
Sunday	10-11am	Vinyasa Flow Yoga – All levels. Beginners welcome! Check: becky.yoga . Drop in £7 or book blocks at discounted rate £5. Last class 17th December.	£7
	11-12	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further information. Last class 17th December.	£5
	1-3pm	Friends of Lordship Rec Open meeting for all Park Users to share news & views about the park. This month: 3rd December	Free



Most of our classes restart in the week of either the 1st or 8th January. The Centre will be open during the Christmas holidays. We are only CLOSED on the 24th & 25th of December and 1st January.

HUB NEWS AND SPECIAL EVENTS

New Activity

Tottenham Photography Club



Meet other photography enthusiasts and learn new tips and skills at the Hub. You don't need a fancy camera, just an enjoyment of creating great pictures!

There will be informal photography meet-ups between meetings decided by members and a weekly theme to post on the facebook group:

www.facebook.com/groups/TottPhotoClub

Next meeting, Wednesday, 13th December
7.30-9.30pm at the Hub

New Class

MUSIC FOR FAMILIES

Music, rhythm & singing sessions
with a difference.

Suitable for 0-4yrs.

Starting Saturday 9th December
11.30-12.15

Just drop in! £5 (£2 for siblings)

Happy Christmas and
New Year to all our
members and customers



Winter Fair

Saturday 2nd December 1-5pm

Stalls, food and workshops for adults and children
Live music and Father Christmas will be helping
little ones make wishes on our wishing tree.

Make a seasonal wreath for your door or your
own individual Christmas card.

Free entry, come along and enjoy the fun!

Organised by Women's Association of Lordship Rec and the Hub
Contact: walordshiprec@gmail.com

End of Year Ball

Women's Friday Night Out!

15th December, at the Hub, 7-10pm
End of Year winter Ball

Get dressed up and be fabulous (with partners –
men welcome). Enjoy a delicious buffet and dance the
night away. **£5 entry** with refreshments
Contact: walordshiprec@gmail.com

Room Hire at the Hub

BOOK A ROOM AT THE HUB

Great for private parties, meetings &
conferences and one off or regular classes.

Open late to 1pm Friday/Saturday
Contact: carola@lordshiphub.org.uk
or see our Website for more details

LORDSHIP HUB
Community building in every sense

DECEMBER 2017 PROGRAMME



LordshipHub

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

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

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