

# What's on at Lordship Hub in January

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	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check <a href="http://www.beccy.yoga">beccy.yoga</a> . Restarts 15th January.	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. <a href="mailto:info@tottenhamartclasses.co.uk">info@tottenhamartclasses.co.uk</a> . Restarts 8th January. Not on 22nd January.	£8
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength & flexibility. <a href="mailto:contact@jessicagreen.net">contact@jessicagreen.net</a> . Suggested Donation £5. Restarts 15th January.	Donation
	5-6pm	Capoeira – for children 5-12yrs. Drop in or book in advance. See <a href="http://www.facebook.com/bambinhos">www.facebook.com/bambinhos</a> . Restarts 8th January.	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. <a href="http://www.facebook.com/bambinhos">www.facebook.com/bambinhos</a> . Restarts 8th January.	£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: <a href="http://www.beccy.yoga">beccy.yoga</a> . Restarts 9th January.	£6
	10.30-12.30	Silverfit. 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> . Restarts 9th January.	£1
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Restarts 9th January.	£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! Restarts 9th January.	£2
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: <a href="http://www.dorcas-yoga.com">dorcas-yoga.com</a> . First class FREE. Restarts 9th January.	£5
Wednesday	9.30-10.30	Awareness through Movement “Feldenkrais”. For more info contact: <a href="mailto:Jessoly02@gmail.com">Jessoly02@gmail.com</a> or <a href="http://www.movementaware.co.uk">www.movementaware.co.uk</a> . Restarts 10th January.	£5
	10.00-11.00	Baby Yoga from 6wks to 8months. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> . Restarts 10th January.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> . Restarts 10th January.	£7*
	6.30-8.30pm	Lordship Hub Board Meeting. All members welcome. This month: 10th January.	Free
	7-8pm	Pilates mat class. Ellen: <a href="mailto:persistpilates@gmail.com">persistpilates@gmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5. Restarts 10th January.	£8
7.30-9.30pm	Tottenham Photography Club. Open to all photography enthusiasts. See: <a href="http://www.facebook.com/groups/TottPhotoClub/">www.facebook.com/groups/TottPhotoClub/</a> . This month: 10th January.	Free	
Thursday	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Restarts 4th January.	£2
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> .	£3
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. <a href="mailto:hollyaisbitt@hotmail.com">hollyaisbitt@hotmail.com</a> . Restarts 12th January.	£5
	11.45-12.30	Barefoot African Dance for Toddlers. <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / 07496905611. See: <a href="http://www.umzimba.co.uk">www.umzimba.co.uk</a> Siblings £2.50. Restarts 5th January.	£5
	3.30-5.30	Monthly Litter-free Walk and Recycled Art Workshop – 30-minute walk and creative workshop with Plastic Packaging. This month: 19th January. Contact: <a href="mailto:katiasqua@gmail.com">katiasqua@gmail.com</a> .	Free
Saturday	9-10am	Pilates mat class Drop in £8 or book blocks at discounted rate £7/£5 <a href="mailto:persistpilates@gmail.com">persistpilates@gmail.com</a> . Restarts 13th January.	£8
	9-10am	Open level Vinyasa Yoga Flow. Check: <a href="http://www.beccy.yoga">beccy.yoga</a> Drop in £7 or book blocks at discounted rate £5. Restarts 6th January.	£7
	10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: <a href="http://www.yogaavenue.guru">www.yogaavenue.guru</a> . Booking essential. Restarts 13th January.	£6
	10.15-11.15	Toddler Yoga. 20mths to 4yrs. Stretch, move & relax together. Contact: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> . £8 or £40 for 6 sessions. Restarts 13th January.	£8
	11.30-12.15	Family Singing. Music, rhythm & singing sessions with a difference. Suitable for 0-4yr olds. Just Drop In. £2 for siblings. Restarts 6th January.	£5
	11.45-1.15	Special Magic Workshop. Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: <a href="mailto:info@thomasdixonmagic.com">info@thomasdixonmagic.com</a> . This month: 20th January.	£7
	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: 6th January.	Free
Sunday	10-11am	Vinyasa Yoga Flow – All levels. Beginners welcome! Check: <a href="http://www.beccy.yoga">beccy.yoga</a> . Drop in £7 or book blocks at discounted rate £5. Restarts 7th January.	£7
	11-12	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: <a href="mailto:darcyphil@hotmail.com">darcyphil@hotmail.com</a> for further information. Restarts 14th January.	£5
	1-3pm	Friends of Lordship Rec Open AGM. For all Park Users to share news & views about the park. This month AGM: 14th January	Free

## HUB NEWS AND SPECIAL EVENTS

### Children's Activities

Check all January start dates on timetable

**Kids Yoga** Mondays 4.30-5.30pm. 8+yrs. £5

**Capoeira** Mondays 5.00-6.00pm. 5-12yrs £7.50  
(£5 block booking in advance)

**Baby Yoga** 2 sessions on Wednesdays  
6wks-8months 10.00-11.00am. £7  
8months+ 11.15-12.00. £7

**Fun music classes for babies and toddlers**

Fridays 10-10.45am. £5 (2.50 for siblings)

**Barefoot African Dance for Toddlers**

Fridays 11.45-12.30. £5 (£2.50 for siblings)

**Family Singing** Saturdays 11.30-12.15.

For 0-4yrs. £5 (£2 for siblings)

**Toddler Yoga** Saturdays 10.15-11.15am.

20mths-4yrs. £8 or £40 for 6 sessions in advance.

**Parent/Carer & Toddler Drop-in**

Tuesdays & Thursdays 11-2pm. Under 5s.  
£2 includes drink and snack

### Wassail in the Rec

**Celebration of the Orchard in the Rec**

Wassail, an old English tradition, is a joyful occasion to wish the fruit trees in the Orchard 'good health' and a bountiful harvest in 2018. It involves cider, or non-alcoholic hot sorrel, singing and a ceremony in the Orchard.

**Sunday January 14th 3.30-5pm. Meet in the back room of the Hub at 3.15pm.**

Adults and children welcome to join in!

Hire one of our two rooms at the Hub for a special party, celebration, meeting or workplace away-day, or if you want to run a one-off workshop or regular class. Or you can volunteer to help in the Hub café. Contact: [carola@lordshiphub.org.uk](mailto:carola@lordshiphub.org.uk) or ring the Hub office on 020 8885 5684.

### Exercise Classes

Check all January start dates on timetable

**Open level vinyasa yoga flow**

Monday 9.30-10.30am. £5

Tuesday 7-8pm. £5 (first class free)

Saturday 9-10am £7/5      Sunday 10-11am. £7

**Capoeira for Adults**

Monday 7-8pm. £5

**Post Natal Yoga**

Tuesday 10-11am. Non-crawling babies welcome. £6

**Feldenkrais**

Wednesday 9.30-10.30am. £5

**Pilates**

Wednesday 7-8pm. £8      Saturday 9-10am £8

**Antenatal Yoga**

Saturday 10.10-11.40am. £6

**Chi Kung**

Sunday 11-12am. £5

### Fitness for Older People

**Silverfit for over 45s Tuesdays 10.30-12.30 £2**

Nordic Walking, Yoga, Cheerleading, Badminton

**Chair-based exercise Tuesdays 12.30-1.30 £2**

### Recycled Art Workshop

**Painting Glass Bottles**

(plus 30min litter-picking walk beforehand)

**FREE Friday 19th January 3.30-5.30**

Contact: [katiasqua@gmail.com](mailto:katiasqua@gmail.com)

### Special Magic Workshop

**Monthly Magic Workshops (8-12ys)**

This month: **Saturday 20th January 11.45-1.15pm**

Learn magic, gain confidence, amaze your friends and mostly have fun! **£7 (includes materials)**

Contact: [info@thomasdixonmagic.com](mailto:info@thomasdixonmagic.com)

**LORDSHIP HUB**  
Community building in every sense

## JANUARY 2018 PROGRAMME



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by staff and volunteers

LordshipHub

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

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

[@LordshipHub](https://twitter.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park