

What's on at Lordship Hub in February

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 . Not on 12th February.	£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 . To book: https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138 . Suggested Donation £5. Not on 12th February.	Donation
	5-6pm	Capoeira – for children 5-12yrs. Drop in or book in advance. See www.facebook.com/bambinhos . Not on 12th February.	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos . Not on 12th February.	£5
Tuesday	10-11am	Postnatal Yoga returns. Focusing on maternal wellbeing and healing. Gently ease back into yoga. Sessions include calming breath work, pelvic floor & core toning, and overall strengthening and stretching. Babies welcome until crawling. carlysandland@hotmail.com 07985277315.	£8
	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/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£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!	£2
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcasyoga.com . First class FREE.	£5
Wednesday	9.30-10.30	Awareness through Movement the Feldenkrais Method® for ease, flexibility and improved posture – lynda@movementaware.co.uk .	£5
	10.00-11.00	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk .	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk .	£7*
	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8
	7.30-9.30pm	Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 14th February.	Free
Thursday	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£2
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Booking essential.	£3
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . Not on 16th and 23rd February.	£5
	11.45-12.30	Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50. Not on 23rd February.	£5
Saturday	9-10am	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 on 17th February.	£7
	10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru . Booking essential.	£6
	10.15-11.15	Toddler Yoga. 20mths to 4yrs. Stretch, move & relax together. Contact: first-touchmassage@hotmail.co.uk . £8 or £40 for 6 sessions.	£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.	£5
	11.45-1.15	Special Magic Workshop. Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: info@thomasdixonmagic.com . This month: 3rd Feb.	£7
	11.45-1.15	New Special Tinkering Club. Monthly drop-in for 8-12yrs. Parents/carers please stay and tinker too! "To invent, you need a good imagination and a pile of junk!" For information call Amy: 07813 069990. This month: 17th February.	£4
	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: 3rd February.	Free
Sunday	10-11am	Vinyasa Yoga Flow – All levels. Beginners welcome! Check: beccy.yoga . Drop in £7 or book blocks at discounted rate £5.	£7
	10.30-12.30	Lordship Hub Board Meeting. All members welcome. This month: 11th February.	Free
	1-3pm	Friends of Lordship Rec Open Meeting. For all Park Users to share news & views about the park. This month: 4th February.	Free

Always check Hub website for any cancellations or changes: www.lordshiphub.org.uk

* Concessions available

HUB NEWS AND SPECIAL EVENTS

HUB OPEN DAY

Special Hub Event on 25th February 11-4pm

Lordship Hub is a Community Co-operative with open membership
We are holding our **Annual General Meeting** on Sunday 25th February 2-3pm
All welcome, but only members can vote

To promote what is on offer at the Hub you will have the opportunity to try out some of our activities at **free taster sessions**. There will also be stalls with information about other classes and activities at the Hub.

Full Programme available nearer the time on Lordship Hub Website, *What's On* page.

Postnatal Yoga

New Postnatal Yoga class with a focus on maternal wellbeing and healing, designed to gently ease you back into yoga. Sequences include calming breath work, pelvic floor toning, core work and overall strengthening and stretching. Women are welcome to join after their 6-week check and babies until crawling.

Tuesdays, 10-11am £8.00 per session
carlysandland@hotmail.com 07985 277315

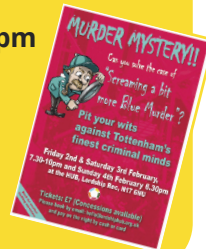
Hire one of our two rooms at the Hub for a special party, celebration, meeting or workplace away-day, or if you want to run a one-off workshop or regular class. Or you can volunteer to help in the Hub café. Contact: carola@lordshiphub.org.uk or ring the Hub office on 020 8885 5684.

Murder Mystery

Can you solve the case of
"Screaming a bit more Blue Murder"

Friday 2nd and Saturday 3rd February
7.30-10pm
Sunday 4th February 6.30-9pm

Tickets: £7
(concessions available)
Book by email:
hello@lordshiphub.org.uk
Pay on the night
by cash or card



Alternatives to Sugar

A free, **not-to-be-missed** talk on how to eat more healthily by using **natural alternatives to sugar**.
Sunday 18th February, 2.30pm at the Hub.

Special Tinkering Club

A session of creativity and invention
Ages 8-12yrs. Take old appliances apart and invent new things with the parts.

Every 3rd Saturday at the Hub
This month: 17th February, 11.45-1.15pm
£2.50 per child

Bring along old appliances/electrical mechanical items to take apart (some supplied). Some tools will be supplied but bring some of your own.

To invent, you need a good imagination & a pile of Junk!

Call Amy with any questions:
07813 069990

LORDSHIP HUB
Community building in every sense

FEBRUARY 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
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@LordshipHub LordshipHub

Phone us re disabled vehicle access to the park &