What's on at Lordship Hub in May

Always check the website: www.lordshiphub.org.uk, What's on section, for any cancellations and changes

Monday	9.30-10.30	**Open level Vinyasa Yoga Flow.** A dynamic sequence linking breath & movement set to music. Check beccy.yoga. **Not on 7th & 28th May.**	£5
	11.30-1.30	**Watercolour class.** Price includes paints & brushes. Paper & pencils available to buy. info@tottenhamartclasses.co.uk. **Not on 7th & 28th May.**	£8
	4.30-5.30	**Kids Yoga, 8yrs upwards.** For confidence, strength & flexibility. contact@jessicagreen.net. Suggested Donation £5. **Not on 7th & 28th May.**	Donation
	5-6pm	**Capoeira** – for children 5-12yrs. Drop in or book in advance. See www.facebook.com/bambinhos. **Not on 7th & 28th May.**	£5/7.50
	7-8pm	**Capoeira for all ages, experience & ability.** Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos. **Not on 7th & 28th May.**	£5
	7-8.30pm	**New. Contemporary dance and improvisation with Aphrodite.** Drop-in. 07435735091, aphrodite.th1@gmail.com . **Not 7th May.** First class FREE.	£5
Tuesday	9.30-10.30	**Awareness through Movement: Feldenkrais Method®** Ease, flexibility & improved posture www.movementaware.co.uk. First class FREE. **Not 8th.**	£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.	£1
	11-2pm	**Parent/Carer & Toddler Drop in.** 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 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: **22nd May.**	Free
	2-4pm	**Wildlife Group.** Every 4th Tuesday of the month. To plan conservation & optional task in the Rec. This month: **22nd May.**	Free
	7-8pm	**Yoga with Dorcas. Vinyasa flow.** All levels welcome. For more information visit: sianhaestier.com. First class FREE. **Not on 1st May.**	£5
	7-8pm	**Mindfulness.** Develop a quieter mind & more peaceful and happier life? Learn a stress-free way! Contact: Boyan 07543824928, hello@boyanm.com.	£5
Wednesday	10.00-11.00	**Baby Yoga from 6wks to 8months.** For more info contact Karen: first-touchmassage@hotmail.co.uk. **Not on 16th,23rd & 30thMay.**	£7 (concs)
	11.15-12.00	**Baby Yoga 8month+.** For more info contact Karen: first-touchmassage@hotmail.co.uk. **Not on 16th,23rd & 30thMay.**	£7 (concs)
	1-2pm	**New. Latin Dance Fitness Class** – Salsa, Chacha, Samba, Jive, Bachata & Merenge. Contact Ceyhun ceyhunburat@hotmail.com, 07522 318198	£5
	7-8pm	**New. Yoga Dance with Marie.** All levels. Wake up your body creatively in music with dance games and yoga postures. marie.soulyoga@gmail.com.	£5
	7-8pm	**Pilates mat class.** Ellen: persistpilates@gmail.com. Drop in £8 or book blocks at discounted rate £7/£5.	£8/5
	7.30-10pm	**Tottenham Photography Club.** Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/. This month: **9th May.**	Free
	8-9pm	**Salsa Dance Class.** Beginners. For more information contact Ceyhun ceyhunburat@hotmail.com, 07522 318198 or www.jayjaydance.com.	£5
Thursday	11-2pm	**Parent/Carer & Toddler Drop in.** Charge covers a drink & snack for you & the little one. **Not on 3rd & 17th May**	£2
	12-2pm	**New. Pattern Cutting Workshops**. 16+. All levels welcome, materials provided. Book online www.houseofakunna.com/book-online. Drop in £10. Book a block of 4 for discounted rate £30. **Every 1st and 3rd Thursday of the month.** This month: **3rd & 17th May.**	£10/7.50
	2.30-4.30	**Drop in Mixed Media Art sessions for adults.** More info - Sandra: lastdoorstudio@gmail.com. **Booking essential.**	£3
	7.30-9pm	**Monthly Yin Style Yoga class.** Deep relaxation, a chance to turn your attention inward. Check beccy.yoga. This month: **3rd May. Booking essential.**	£15
Friday	10-10.45	**Fun music for babies & toddlers.** Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com. **Not on 11th May.**	£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 11th May.**	£5
Saturday	9-10am	**Pilates mat class** persistpilates@gmail.com. Drop in £8 or book blocks at discounted rate £7/£5. **Not on 12th May.**	£8/5
	9-10am	**Open level Vinyasa Yoga Flow.** Check beccy.yoga. Drop in £7 or book blocks at discounted rate £5. **Not on 26th May.**	£7/5
	10.10-11.40	**Antenatal Yoga.** Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru. **Booking essential.** Block of 4 classes £20. **Only 19th.**	£7/5
	10.15-11.15	**Toddler Yoga.** 20 mths-4yrs. Stretch, move and relax together. Karen: first-touchmassage@hotmail.co.uk £8 or £40 for 6 sessions. **Not 19th & 26th.**	£8/6.60
	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.** Every 1st Saturday of the month. Take turns to play a song, sing or read a poem. This month: **5th May.**	£7
	11.45-1.15	**New. Kids Fashion Design Workshop.** 8-12yrs. Create and have fun! Materials provided. Contact Jesslyn on 07531656635, akunnaofficial@gmail.com. **Every 2nd Saturday of the month.** This month: **12th May.**	£5
	11.45-1.15	**Special Tinkering Club.** Monthly drop-in for 8-12yrs. Parents/carers can tinker too! Contact Amy: 07813 069990. This month: **19th May.**	£4
	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: **5th May.**	Free
Sunday	10-11am	**Vinyasa Flow Yoga – All levels.** Beginners welcome! Check: beccy.yoga. Drop in £7 or book blocks at discounted rate £5.	£7/5
	10.30-12.30	**Lordship Hub Board Meeting.** All members welcome. This month: **13th May.**	Free
	11-12am	**Chi Kung.** Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further information.	£5
	11.15-12.15	**Slow Flow Yoga.** Suitable for all levels, but especially beginners. Drop in £7 or book blocks at discounted rate £5. Check beccy.yoga.	£7/5
	1-2.30pm	**Friends of Lordship Rec open meeting.** For all Park Users to share news & views about the park. This month: **6th May**	Free

HUB NEWS AND SPECIAL EVENTS

Community Events in May

SEED SWAP AND GO WILD IN THE REC
Sunday - 13th May 12 to 4pm
Lordship Wildlife Group and Growing in Haringey celebrate all that is green, wild and natural in Lordship Rec. Seed Swap (bring seeds to share), flower and tree ID activities, conservation and art workshops. FREE family event. Come and Join in! **Contact:rutharooot@blueyonder.co.uk**

WOMEN'S FILM NIGHT AND AGM
Friday - 18th May 7 to 10pm
Short official AGM for Women's Association of Lordship Rec followed by a **feature film** with a woman theme (to be announced). £3 entry with refreshments.
Contact: walordshiprec@gmail.com

VOLUNTEER DAY IN THE WOODLAND IN LORDSHIP REC WITH TCV
Tuesday - 22nd May 10 to 3pm
Work day in the woodland. Meet at Downhills Park Rd Gate. Tools, tea and bisuits provided but bring a packed lunch if staying all day and wear suitable clothes.

JAZZ FEST
Sunday - 27th May 2 to 9.30pm
Our popular **Lordship Rec Jazz Fest** returns with Swing Bands outdoors in the Shell Theatre and Lounge Jazz in the Hub till 9.30pm including a jam session.
Contact: hello@lordshiphub.org.uk for more information.

FUNd DAY

Fundraising for the Hub
Lordship Hub does not receive any funding from outside sources and is sustained only by income from the Café and room hire, plus the generosity of our members and users. So we are holding a **Hub FUNd Day** on **July 1st** when there will be lots of fun activities in and around the Hub to raise funds for the Hub. **If you have any good fundraising ideas, please contact: hello@lordshiphub.org.uk**

Café Exhibition

Lordship Hub Cafe is a great, free venue for local artists to show their work.

In May we are thrilled to exhibit colourful, acrylic landscape paintings by **Fiona Remm.**

If you are interested in exhibiting in the Café please contact: hello@lordshiprec.org.uk

Baby and Toddler Activities

Check all dates and contact details on timetable

Parent/Carer & Toddler Drop-in
Tuesdays & Thursdays 11-2pm. Under 5s. £2 includes drink and snack

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

Fun music classes for babies and toddlers
Fridays 10-10.45am. £5 (2.50 siblings)

Barefoot African Dance for Toddlers
Fridays 11.45-12.30. £5 (£2.50 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.

Children's Classes

Check all dates and contact details on timetable

Kids Yoga 8+yrs
Mondays 4.30-5.30pm. £5 (donation)

Capoeira 5-12yrs
Mondays 5-6pm. £7.50 (£5 in advance)

Special Magic Workshop 8-12yrs
Every first Saturday of the Month, 5th May, 11.35-1.15pm. £7

Kids Fashion Design Workshop 8-12yrs
Every second Saturday of the Month, 12th May, 11.35-1.15pm. £5

Special Tinkering Club 8-12yrs
Every third Saturday of the Month, 19th May, 11.35-1.15pm. £4

Adult's Classes

Check all dates on timetable

Open level vinyasa yoga flow
Mon 9.30-10.30am. £5
Tues 7-8pm. £5 (first class free)
Sat 9-10am £7/5 Sun 10-11am. £7

Watercolour Class
Monday 7-8pm. £5

Capoeira for Adults
Monday 7-8pm. £5

Feldenkrais - Awareness through Movement
Tuesday 9.30-10.30am. £6

Silverfit - over 45s
Tuesday 10.30-12.30am. £1 members, £2.50 non-members
Yoga, Cheerleading, Nordic Walking, Badminton

Chair Exercise
Tuesday 9.30-10.30am. £2

Mindfulness
Tuesday 7-8pm. £5

Latin Dance Fitness Class
Wednesday 7-8pm. £5

Yoga Dance with Marie
Wednesday 7-8pm. £5

Pilates
Weds 7-8pm. £8/5 Sat 9-10am £8/5

Salsa Class
Wednesday 8-9pm. £8

Pattern Cutting for 16+yrs
Thursday 12-2pm. £10/7.50

Drop-In Mixed Media Art Sessions
Thursday 2.30-4.30. £3

Monthly Yin Stye Yoga
Thursday 7.30-9pm. £15

Chi Kung
Sunday 11-12am. £5

Slow Flow Yoga
Sunday 11.15-12.15. £7/5

Get in touch

Lordship Hub, Lordship Rec, Higham Road, N17 6NU

If you want to join the Co-op, donate, book a room or get information about activities at Lordship Hub please drop in or contact us:

hello@lordshiphub.org.uk
020 8885 5684 www.lordshiphub.org.uk
@LordshipHub LordshipHub