

What's on at Lordship Hub in September

Hub Café open daily from 11-5pm (10-5pm on Saturdays and Sundays). For info on any activities below drop in, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

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|-----------|-------------|--|----------------|
| Monday | 9.30-10.30 | Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check beccy.yoga . Restarts 10th September. | £5 |
| | 11.30-1.30 | Watercolour class. Price includes paints & brushes. Paper & pencils 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. Restarts 17th September. | £5 Donation |
| | 7-8pm | Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos . 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. Restarts 25th Sept. | £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 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 |
| | 1-2pm | Green Gardeners Group. Every 4th Tuesday of the month. This month baby plant sharing. This month: 25th September. | Free |
| | 2-4pm | Wildlife Group. Every 4th Tuesday of the month. Planning conservation work in the rec & optional practical work. This month: 25th September. | Free |
| | 7-8pm | Yoga with Dorcas. Vinyasa flow. All levels welcome. Drop in £7 or book blocks at £6. For more information visit: dorcas-yoga.com . First class FREE. | £7/£6 |
| Wednesday | 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* |
| | 12.30-1.30 | New. Hoola Hooping together for fitness & fun. All welcome. Info: Sarahall52@gmail.com or 07932 566 508. Starts 12th September. | £3 |
| | 4-4.45pm | New. Coding club for 3-8 year olds. Fun and creative after-school activity. Taster classes available. Email: Tetiana mama.codes.tottenham@gmail.com for more info. Advanced booking required. | £9.50 |
| | 6.45-7.45 | New Time. Pilates mat class. perrylauren@hotmail.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: 12th September. | Free |
| | 8-9pm | New. Dance Fitness Dance aerobics: Fun holistic fitness to tone and invigorate. Email: nurcan.culleton@btinternet.com Tel: 07867801021. | £5 |
| Thursday | 9.30-10.30 | Yogasana Flow - Open Level. A creative Yoga journey through body movement, prana flow, philosophy, music, mantras etc. See: MarcellaShivShaktiYoga.com . | £5 |
| | 10.45-11.45 | New. Postnatal Pilates – bring your baby. Classes must be booked as a block of 7 (£70). To reserve a place contact: www.susannasparrowpilatestrainer.co.uk . | £10 |
| | 12.15-1.45 | 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 |
| | 7-8pm | Yoga with Dorcas. Vinyasa flow. All levels welcome. Drop in £7 or book blocks at £6. For more information visit: dorcas-yoga.com . First class FREE. | £7/£6 |
| | 7.30-9pm | Monthly Yin Style Yoga class. Offers deep relaxation & a chance to turn your attention inward. beccy.yoga . This month: 6th September. Booking essential. | £15 |
| Friday | 10-10.45am | Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . | £5 |
| | 11.45-12.30 | Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50. Restarts 14th September | £5 |
| | 7-8pm | Ashtanga Yoga Led class. Dynamic practice following Ashtanga Primary series to a teacher's count. All welcome. For more info val@exploreyouredge.co.uk . Drop in £7 or book blocks (valid 6 weeks) of 4 classes at £20. | £7/£5 |

FOR WEEKEND CLASSES SEE OVER Check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk *Concessions available

Volunteers needed at the Hub, especially in the Café. Contact carola@lordshiphub.org.uk

| Saturday | |
|-------------|---|
| 9-10am | Pilates mat class perrylauren@hotmail.com. Drop in £8 or book blocks at discounted rate £7/£5 |
| 9-10am | Open level Vinyasa Yoga Flow. Check beccy.yoga Drop in £7 or book blocks at discounted rate £6. |
| 10.10-11.40 | Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru. £7 or Block of 4 classes £20. Booking essential. |
| 10.15-11.15 | Toddler Yoga. 20 months to 4yrs. Stretch, move & relax together. first-touchmassage@hotmail.co.uk £8 / £40 for 6 sessions. |
| 11.30-12.15 | Family Singing. Music, rhythm & singing sessions with a difference. 0-7yrs. Drop In. andymusichall@gmail.com. £5 (£2 siblings). |
| 11.45-1.15 | Special Magic Workshop. Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: info@thomasdixonmagic.com. This month: 1st September. £7 |
| 11.45-1.15 | Special Tinkering Club. Monthly drop-in for 8-12yrs. Parents/Carers can tinker too! Contact Amy: 07813 069990. This month: 22nd September. £4 |
| 2-5pm | Hub Music Circle in Café. Every 1st Sat of the month. Take turns to play a song, sing or read a poem. This month: 1st Sept. Free. |
| Sunday | |
| 10-11am | Vinyasa Yoga Flow – All levels. Beginners welcome! Check beccy.yoga. Drop in £7 or book blocks at discounted rate £6. |
| 11-12am | Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com. £5 |
| 11.15-12.15 | Slow Flow Yoga. Suitable for all levels, but especially beginners. Drop in £7, book blocks at discounted rate £6. Check: beccy.yoga. |
| 2-3.30 | Friends of Lordship Rec Open Meeting. This month: 2nd September. Free. |

New Classes

HOOLA HOOPING TOGETHER for fitness and fun.
Wednesdays 12.30-1.30 starting 12th. £3
Contact: Sarahall52@gmail.com

CODING CLUB FOR 3-8yrs. Wednesdays 4-4.45pm Giving every young child the confidence and ability to code. £9.50 with own iPad or Android tablet, £11 with hired tablet. Taster classes available.
Contact: mama.codes.tottenham@gmail.com.

AEROBIC DANCE FITNESS with Nur
Wednesdays 8-9pm. Boost your fitness in this blend of cardio and dance moves. £5 per session.
Contact: nurcan.culleton@btinternet.com

POST NATAL PILATES with Susanna Sparrow
Thursdays 10.45-11.45. Book 7 week block £70. Realign and strengthen core muscles. Babies welcome. Contact:
www.susannasparrowpilatestrainer.co.uk

Flower & Produce Show

TOTTENHAM FLOWER AND PRODUCE SHOW
Sat 15th September, 1-5pm (Register entries 8.30-11am)
Enter your prize-winning home-grown veg and flowers, flower arrangements, cakes, bread, jams and drinks and hand-made crafts into the show for FREE. **Special Kids' Scarecrow Competition and Cream Teas in the Hub in the afternoon.**
Contact: info@go-grow.org.uk or 07538717885

Cake Decorating Class

Make fondant flowers for your cakes
Thursday 6th September 10.30-12.30
Taught by experienced patissiere. £3

Photo Exhibition in Café

A celebration of a year in the life of the
TOTTENHAM PHOTOGRAPHY CLUB
In the Hub Café throughout SEPTEMBER

LORDSHIP HUB
Community building in every sense

SEPTEMBER 2018 PROGRAMME



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

LordshipHub

Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684
hello@lordshiphub.org.uk
www.lordshiphub.org.uk

@LordshipHub LordshipHub
Phone us re disabled vehicle access to the park