

# What's on at Lordship Hub in October

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](mailto:hello@lordshiphub.org.uk), ring 020 8885 5684 or visit [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

Monday	7-9am	Daily Ashtanga Yoga. An opportunity to develop your self-practice. Check <a href="mailto:val@exploreyouedge">val@exploreyouedge</a> . Drop in any time between 7-8am. £5. <b>Every weekday morning.</b>	£5
	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check <a href="mailto:beccy.yoga">beccy.yoga</a> . <b>Not on 22nd October.</b>	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. <a href="mailto:info@tottenhamartclasses.co.uk">info@tottenhamartclasses.co.uk</a> .	£8
	4.30-5.30	Kids Yoga. 8yrs upwards. For confidence, strength & flexibility. <a href="mailto:contact@jessicagreen.net">contact@jessicagreen.net</a> . To book: <a href="https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138">https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138</a> . Suggested donation £5. <b>Not on 22nd October.</b>	£5 Donation
	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> . First class FREE.	£5
	7.30-8.30pm	<b>New. Barre Workout.</b> A combination of ballet, pilates and aerobic techniques. £8 drop in or £6.50 a session if booked for a calendar month. Book at: <a href="http://www.susannasparrowpilatestrainer.co.uk">www.susannasparrowpilatestrainer.co.uk</a>	£8/£6.50
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture <a href="http://www.movementaware.co.uk">www.movementaware.co.uk</a> . First class FREE.	£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> .	£1
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. <b>Not on 23rd October.</b>	£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: <b>23rd October.</b>	Free
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. Planning conservation work in the rec & optional practical work. This month: <b>23rd October.</b>	Free
	4-4.45pm	<b>New. Coding Club for 6-8 year olds.</b> 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. Email: <a href="mailto:mama.codes.tottenham@gmail.com">mama.codes.tottenham@gmail.com</a> . <b>Not on 23rd October.</b>	£9.50/£11
	6-6.45pm	<b>New. Hula Hooping evening class</b> get together for fitness & fun. All welcome. Info: <a href="mailto:Sarahall52@gmail.com">Sarahall52@gmail.com</a> or <b>07932 566 508</b> . Starts 16th October.	£3
7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. Drop in £7 or book blocks at £6. For more information visit: <a href="http://dorcasyoga.com">dorcasyoga.com</a> . First class FREE.	£7/£6	
Wednesday	10-11am	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> .	£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> .	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Info: <a href="mailto:Sarahall52@gmail.com">Sarahall52@gmail.com</a> or <b>07932 566 508</b> . <b>Not on 10th October.</b>	£3
	4-4.45pm	Coding club for 3-6 year olds. Fun and creative after-school activity. Taster classes available. Email: Tetiana <a href="mailto:mama.codes.tottenham@gmail.com">mama.codes.tottenham@gmail.com</a> for more info. <b>Advanced booking required. Not on 24th October.</b>	£9.50
	4.30-6pm	<b>New. Awareness through Movement: Feldenkrais Method®</b> Fixed term group for 5 weeks <b>booking essential</b> (can book for 4 sessions) £9 per session or £45 for 5 sessions. Email: <a href="mailto:lynda@movementaware.co.uk">lynda@movementaware.co.uk</a> for booking and payment details.	£9
	6.45-7.45	Pilates mat class with Perry. <a href="mailto:perrylauren@hotmail.com">perrylauren@hotmail.com</a> . 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: <a href="http://www.facebook.com/groups/TottPhotoClub/">www.facebook.com/groups/TottPhotoClub/</a> . This month: <b>10th October.</b>	Free
	8-9pm	Dance Fitness Dance aerobics: Fun holistic fitness to tone and invigorate. Email: <a href="mailto:nurcan.culleton@btinternet.com">nurcan.culleton@btinternet.com</a> Tel: <b>07867801021</b> .	£5
Thursday	9.30-10.30	Yogasana Flow - Beginner Level. A creative Yoga journey through body movement, prana flow, philosophy, music, mantras etc. See: <a href="http://MarcellaShivShaktiYoga.com">MarcellaShivShaktiYoga.com</a> .	£5
	10.45-11.45	Postnatal Pilates – bring your baby. Classes must be booked as a block of 7 (£70). Reserve a place: <a href="http://www.susannasparrowpilatestrainer.co.uk">www.susannasparrowpilatestrainer.co.uk</a> . <b>Not 25th Oct.</b>	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. <b>Not on 25th October.</b>	£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> . <b>Booking essential.</b>	£3
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. Drop in £7 or book blocks at £6. For more information visit: <a href="http://dorcasyoga.com">dorcasyoga.com</a> . First class FREE.	£7/£6
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. <a href="mailto:hollyaisbitt@hotmail.com">hollyaisbitt@hotmail.com</a> .	£5
	11.45-12.30	Barefoot African Dance for Toddlers. <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / <b>07496905611</b> . See: <a href="http://www.umzimba.co.uk">www.umzimba.co.uk</a> Siblings £2.50.	£5
	12.45-1.45	<b>New. Postnatal Pilates – bring your baby.</b> Classes must be booked as a block of 7 (£70). To reserve a place: <a href="http://www.susannasparrowpilatestrainer.co.uk">www.susannasparrowpilatestrainer.co.uk</a> . <b>Not on 26th October.</b>	£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](http://www.lordshiphub.org.uk) \*Concessions available

**Volunteers needed at the Hub, especially in the Café. Contact [val@lordshiphub.org.uk](mailto:val@lordshiphub.org.uk) or ring 020 8885 5684**

Saturday	
9-10am	<b>Pilates mat class</b> <a href="mailto:perrylauren@hotmail.com">perrylauren@hotmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5
9-10am	<b>Open level Vinyasa Yoga Flow.</b> Check <a href="http://beccy.yoga">beccy.yoga</a> Drop in £7 or book blocks at discounted rate £6. <b>Not on 27th October.</b>
10.10-11.40	<b>Antenatal Yoga.</b> Stay fit, strong & supple during pregnancy. To book: <a href="http://www.yogaavenue.guru">www.yogaavenue.guru</a> . £7 or Block of 4 classes £20. <b>Booking essential.</b>
10.15-11.15	<b>Toddler Yoga.</b> 20 months to 4yrs. Stretch, move & relax together. <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> £8 / £40 for 6 sessions.
11.30-12.15	<b>Family Singing.</b> Music, rhythm & singing sessions with a difference. 0-7yrs. Drop In. <a href="mailto:andymusicall@gmail.com">andymusicall@gmail.com</a> . £5 (£2 siblings).
11.45-1.15	<b>Special Magic Workshop.</b> Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: <a href="mailto:info@thomasdixonmagic.com">info@thomasdixonmagic.com</a> . This month: <b>6th October. £7</b>
11.45-1.15	<b>Special Tinkering Club.</b> Monthly drop-in for 8-12yrs. Parents/carers can tinker too! Contact Amy: <a href="tel:07813069990">07813 069990</a> . This month: <b>20th October. £4</b>
2-5pm	<b>Hub Music Circle</b> in Café. Every 1st Sat of the month. Take turns to play a song, sing or read a poem. This month: <b>6th Oct. Free.</b>
Sunday	
10-11am	<b>Vinyasa Yoga Flow – All levels.</b> Beginners welcome! Check <a href="http://beccy.yoga">beccy.yoga</a> . Drop in £7 or book blocks at discounted rate £6.
11-12am	<b>Chi Kung.</b> Exercises based on the principles of Chinese medicine. Contact: <a href="mailto:darcyphil@hotmail.com">darcyphil@hotmail.com</a> . £5
11.15-12.15	<b>Slow Flow Yoga.</b> Suitable for all levels, but especially beginners. Drop in £7, book blocks at discounted rate £6. Check: <a href="http://beccy.yoga">beccy.yoga</a> .
2-3.30	<b>Friends of Lordship Rec Open Meeting.</b> This month: <b>7th October. Free.</b>

## New Classes

**Coding Club for 3-6yrs on Wednesdays and 6-8yrs on Tuesdays at 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.  
[Mama.codes.tottenham@gmail.com](mailto:Mama.codes.tottenham@gmail.com).

**Awareness through Movement: Feldenkrais Method®** Fixed term group for 5 weeks. Booking essential (can book for 4 sessions) £9 per session or £45 for 5 sessions.  
Email: [lynda@movementaware.co.uk](mailto:lynda@movementaware.co.uk) for booking and payment details.

**Postnatal Pilates Fridays 1-2pm.** Bring your baby. Classes must be booked as a block of 7 (£70). To reserve a place contact: [www.susannasparrowpilatestrainer.co.uk](http://www.susannasparrowpilatestrainer.co.uk).

**Barre Workout Mondays 7.30-8.30pm.** A combination of ballet, pilates and aerobic techniques. £8.00 or book a calendar month for £6.50 a session at: [www.susannasparrowpilatestrainer.co.uk](http://www.susannasparrowpilatestrainer.co.uk).

## Halloween for Kids



**Friday 26th October**  
**Lantern Making 4.30pm -**  
**£3 for materials**  
**Pinata 5.30pm**  
**Spooky Storytelling Walk with**  
**Mr Squash after 6pm**

Call Hub on 020 8885 5684 for information

## Black History Month

**Saturday, October 20th, 3-7pm**  
**WINDRUSH ANNIVERSARY CELEBRATION**  
**Caribbean buffet meal plus Cabaret £10**  
**With local performers and DJ. Bring a Bottle.**  
Booking essential: [walordshiprec@gmail.com](mailto:walordshiprec@gmail.com)

**LORDSHIP HUB**  
Community building in every sense

## OCTOBER 2018 PROGRAMME



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

Lordship Hub

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

Phone us re disabled vehicle access to the park