

What's on at Lordship Hub in November

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

Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check beccy.yoga .	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jvroberts@mac.com .	£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.	£5 Donation
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE.	£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
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. Drop in £7 or book blocks at £6. For more information visit: dorcasyoga.com . First class FREE.	£7/£6
Wednesday	10-11am	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	Hula Hooping together for fitness & fun. All welcome. Info: Sarahall52@gmail.com or 07932 566 508.	£3
	4-4.45pm	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	Pilates mat class with Perry. 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: 14th November.	Free
	8-9pm	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 - Beginner Level. A creative Yoga journey through body movement, prana flow, philosophy, music, mantras etc. See: MarcellaShivShaktiYoga.com .	£5
	10.45-11.45	Postnatal Pilates – bring your baby. Classes must be booked as a block of 7 (£70). Reserve a place: www.susannasparrowpilatetrainer.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: dorcasyoga.com . First class FREE.	£7/£6
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . Not on 30th November.	£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 30th November.	£5
	12.45-1.45	New. Postnatal Pilates – bring your baby. Classes must be booked as a block of 7 (£70). To reserve a place: www.susannasparrowpilatetrainer.co.uk . Not on 30th November.	£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

Lordship Hub are always looking for volunteers to help in the Café. If you think you have 4 hours to spare at least once a week

Contact val@lordshiphub.org.uk or ring 020 8885 5684

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. Not 17th November.
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: 3rd November. £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: 17th November. £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: 3rd Nov. 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	New. Pilates Mat-work Class. All abilities. Improve core stability, flexibility and posture. £8/£7 low waged or £30 in advance for 6-weeks. pilatesmaurasophie@gmail.com
2-3.30	Friends of Lordship Rec Open Meeting. This month: 4th November. Free.
2-3.30	Lordship Hub Board Meeting. All welcome. Next meeting: December 2nd. Free.

New Classes

Pilates Mat-work Class for all abilities.
Sundays 12.15-1.15 starting 4th November
Improve core stability, flexibility and posture.
£8/£7 low waged or **£30** in advance for 6-weeks.
Contact: pilatesmaurasophie@gmail.com.
Also see: www.maurasophie.wixsite.com/pilates

Natural Building Courses

2 new Straw Bale Building Courses
10-4pm at the Hub
(1) Preparing to Build with Straw: Thurs 29th Nov. **£55**
(2) The First Straw: Fri 30th Nov. **£45**
Book at: www.schoolofnaturalbuilding.co.uk

Fireworks Refreshments



**Saturday
3rd November**
Come to Lordship Rec,
Higham Road Gate,
to view the Ally Pally
Fireworks for free.

**The Hub Café will be serving hot drinks,
hot dogs and veggie chilli from
6.30-8.30pm to keep you warm!**

Reclaim the Night

**Women's Association of Lordship Rec
Ladies' Friday Night Out
Friday, November 16th 7-10pm**

Join other women for a night scavenger hunt in the park. Winning Team get a bottle of wine. Learn some basic but effective **self defence** moves from a professional teacher.

LORDSHIP HUB
Community building in every sense

NOVEMBER 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](https://twitter.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)
Phone us re disabled vehicle access to the park