

What's on at Lordship Hub in December

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

Lordship Hub will be CLOSED on Christmas Eve, Christmas Day and New Year's Day but the cafe is open on Boxing Day (26th) run by volunteers (limited menu)

Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check beccy.yoga . Last class 3rd December.	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jvroberts@mac.com . Not on 24th & 31st December.	£8
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE. Not on 18th & 25th December.	£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 . Not on 25th Dec.	£1
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 11th & 25th December.	£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! Not on 25th December.	£2
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels. Drop in £7 or book blocks at £6. For more information visit: dorcasyoga.com . First class FREE. Not on 25th Dec.	£7/£6
Wednesday	10-11am	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 26th December.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 26th December.	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Info: Sarahall52@gmail.com or 07932 566 508. Not on 26th December.	£3
	6.45-7.45	Pilates mat class with Perry. perrylauren@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not on 12th or 26th December.	£8/£5
	7.30-10pm	Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 12th December.	Free
	8-9pm	Dance Fitness Dance aerobics: Fun holistic fitness to tone and invigorate. Email: nurcan.culleton@btinternet.com Tel: 07867801021. Not on 19th & 26th Dec.	£5
Thursday	9.15-10.30	Yogasana Flow - Beginner Level. A creative Yoga journey through body movement, prana flow, philosophy, music, mantras etc. Drop in £7. Book 6 classes for £30. MarcellaShivShaktiYoga.net . Not on 27th December.	£5
	10.45-11.45	Postnatal Pilates – bring your baby. Classes must be booked as a block of 7 (£70). Reserve a place: www.susannasparrowpilatestrainer.co.uk . Not on 20th & 27th December.	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 20th & 27th December.	£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. Not on 20th & 27th December.	£7/£6
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . Not on 21st & 28th December.	£5/£2.50
	11.45-12.30	Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50. Last session for the year 7th Dec.	£5/£2.50
	12.45-1.45	Postnatal Pilates – bring your baby. Classes must be booked as a block of 7 (£70). To reserve a place: www.susannasparrowpilatestrainer.co.uk . Not on 21st & 28th December.	£7

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	
9-10	Pilates mat class perrylauren@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5 . Not on 29th December.
9-10	Vinyasa Yoga Flow . Harmonising the movement of body & breath in dynamic sequences. Visit dorcasyoga.com . Open to all. Drop in £7 or blocks at £6 . First Class Free
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. Not on 22nd & 29th December.
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 on 22nd & 29th December.
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 December. £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: 15th December. £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 Dec. Free .
Sunday	
10-11	Vinyasa Yoga Flow . Harmonising the movement of body & breath in dynamic sequences. Visit dorcasyoga.com . Open to all. Drop in £7 or blocks at £6 . First Class Free
11-12	Chi Kung . Exercises based on the principles of Chinese medicine. darcyphil@hotmail.com . £5
11.15-12.15	New. Unwind Yoga Class . Breath based yoga movement for stress, anxiety, depression, sleeplessness. Drop in £7 . 6 classes for £30 . MarcellaShivShaktiYoga.net . Not on 30th Dec.
12.15-1.15	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
10.30-12.30	Lordship Hub Board Meeting . All welcome. Next meeting: 2nd December. Free.
2-3.30	Friends of Lordship Rec Open Meeting . This month: 2nd December. Free.

Merry Christmas & Happy New Year
to all our customers
Enjoy this Festive Season



Xmas Festivities
Saturday 8th December 1-4pm
Santa & Wishing Tree
(£2 and £1 for second child)
Xmas Wreath Workshops
12-1pm & 2-3pm (£2 materials)
Music & Singing plus Stalls, & Face painting (£2.50 per child)



New Class
Unwind Yoga Class. Breath-based yoga movement to help with stress, anxiety, depression, sleeplessness. Drop in **£7**. 6 classes for **£30**. Sundays 11.15-12.15. MarcellaShivShaktiYoga.net.

Feldenkrais Workshop
Thursday, December 6th, 2-4.30pm
"Move to breathe and breathe to move"
Explore breathing patterns through slow gentle movements. Release tension, enhance well-being
Contact Lynda at www.movementaware.co.uk

Winter Dance
Women's Association of Lordship Rec
Special Winter Dance
Friday, December 14th 7-10pm
Dance the night away to the sounds of DJ Sapphire.
£5 entry, refreshments available. ALL WELCOME!

LORDSHIP HUB
Community building in every sense

DECEMBER 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
www.lordshiphub.org.uk

[@LordshipHub](#) [LordshipHub](#)
Phone us re disabled vehicle access to the park 