

What's on at LordshipHub in January

Hub Café open 11-5pm (10-5pm Weekends). For info on any activities below drop in office Mon-Sat 11-4pm, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

Monday	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jyroberts@mac.com .	£8
	2-3pm	New. Thula Mama nourishing group for parents with babies under a year. We sing songs from around the world in beautiful harmony. Open to everyone! hollycullendavies@gmail.com or ring 07709438777. The price is £8 drop in £35 for 5 classes or £60 for 10 classes.	£8/£6
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE. Restarts 8th Jan.	£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 . Restarts 8th Jan.	£1
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Restarts 8th January.	£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! Restarts 8th January.	£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. Restarts 8th January.	£7/£6
Wednesday	10-11am	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Restarts 9th January.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Restarts 9th January.	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Info: Sarahall52@gmail.com or 07932 566 508.	£3
	4.00-4.45	Coding Club for 3-8 year olds. Fun and creative after-school activity. Email: Tetiana mama.codes.tottenham@gmail.com for more info. Advanced booking required. Restarts 9th January.	£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
	7.00-9.30pm	Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 9th January.	Free
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 .	£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 . Restarts 10th Jan.	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Restarts 10th January.	£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. Restarts 10th January.	£7/£6
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com .	£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. Restarts 11th January.	£5/£2.50
	12.45-1.45	Postnatal Pilates – bring your baby. Classes must be booked as a block of 6 (£60). To reserve a place: www.susannasparrowpilatetrainer.co.uk . Restarts 11th January.	£10

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 hello@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 .
9-10	Open level Vinyasa Yoga Flow . Harmonising the movement of body & breath in dynamic sequences. Visit dorcasoyoga.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 . Restarts January 12th .
10.15-11.15	Toddler Yoga . 20 months to 4yrs. Stretch, move & relax together. first-touchmassage@hotmail.co.uk . £8/£40 for 6 sessions.
11.45-1.15	Special Tinkering Club . Monthly drop-in for 8-12yrs. Parents/carers can tinker too! Contact Amy: 07813 069990 . This month: 19th January. £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: 5th January. Free .
Sunday	
10-11	Open Level Vinyasa Yoga Flow . Harmonising the movement of body & breath in dynamic sequences. Visit dorcasoyoga.com . Open to all. Drop in £7 or blocks at £6 . First Class Free
10.30-12.30	Lordship Hub Board Meeting . All welcome. Next meeting: 13th January. Free
11-12	Chi Kung . Exercises based on the principles of Chinese medicine. darcyphil@hotmail.com . £5
11.15-12.15	Unwind Yoga Class . Breath-based yoga movement for stress, anxiety, depression, sleeplessness. Drop in £7 . 6 classes for £30 . MarcellaShivShaktiYoga.net .
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 classes. pilatesmaurasophie@gmail.com

Lordship Hub wish all our customers a Happy New Year!

New Class

Thula Mama nourishing group for parents with babies under one year. We sing songs from around the world in beautiful harmony.

Open to all!

Every Monday 2-3pm at the Hub

hollycullendavies@gmail.com or ring 07709438777.

£8 drop in. **£35** for 5 classes or **£60** for 10 classes

Wassail!

Traditional Celebration of Fruit Trees in Lordship Rec Orchard.

Music, singing, storytelling + Hot Sorrel and mulled cider & apple cake. Saturday 19th January 3.30-5.30.

Meet at the Hub 3.30pm 19th Jan. **FREE!**

ALSO Apple & Pear Tree Pruning on Saturday Jan 5th in Lordship Rec. 10-3.30pm. Meet at Hub 9.45am. shaywill@fastmail.co.uk

Feldenkrais Workshop

"Sides to middle - lengthening the whole self"

Wednesday, 16th January, 2-4.30pm

Gentle, slow movement with awareness to lengthen your whole body. **£20** for workshop.

Must Book. Contact Lynda at: lynda@movementaware.co.uk.

Natural Building Course

All you ever wanted to ask about Strawbale Building

Thursday 24th January, 10-4pm

£75.00 (Early Bird offer of **£100** for two people, if you book 3 weeks before the course). Email to book:

allan@schoolofnaturalbuilding.co.uk

LORDSHIP HUB community building in every sense

JANUARY 2019 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://www.facebook.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park