

# What's on at Lordship Hub in February

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

Monday	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: <a href="mailto:jvroberts@mac.com">jvroberts@mac.com</a> .	£8
	2-3pm	Thula Mama nourishing group for parents with babies under a year. We sing songs from around the world in beautiful harmony. Open to everyone! <a href="mailto:hollycullendavies@gmail.com">hollycullendavies@gmail.com</a> or ring 07709438777. The price is £8 drop in £35 for 5 classes or £60 for 10 classes.	£8/£6
	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> . £25 for 4 weeks or £8 drop in. Not on 18th February.	£6.25/£8
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> .	£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.	£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. 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 07932 566 508.	£4
	2.30-4.30	<b>New.</b> Tea, Coffee and IT. Make the most of your phone, tablet and Laptop , Games with Tea and Coffee – FREE – Just drop in or contact Genstacia on <a href="mailto:Genstacia.Bull@haringey.gov.uk">Genstacia.Bull@haringey.gov.uk</a> or 07855 071 513 to secure your place. Starts 27th February.	Free
	6.45-7.45pm	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
	6.45-7.45pm	<b>New.</b> Hatha Yoga - Open Level. Feeling tight and stiff? Come and try your first class for Free! Email: <a href="mailto:laurajmarcus@yahoo.co.uk">laurajmarcus@yahoo.co.uk</a> .	£7/£6
	7.00-9.30pm	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: 13th February.	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. <a href="http://MarcellaShivShaktiYoga.net">MarcellaShivShaktiYoga.net</a> .	£7/£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.susannasparrowpilatetrainer.co.uk">www.susannasparrowpilatetrainer.co.uk</a> . Not on 21st Feb. Next 6 week course starting Thursday 28th February or Friday 29th February.	£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: <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . 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: <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/£2.50
	11.45-12.30	Barefoot African Dance for Toddlers. <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / 07496905611. See: <a href="http://www.umzimba.co.uk">www.umzimba.co.uk</a> Siblings £2.50.	£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: <a href="http://www.susannasparrowpilatetrainer.co.uk">www.susannasparrowpilatetrainer.co.uk</a> . Not 22nd Feb.	£10

**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

**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](mailto:Val@lordshiphub.org.uk) or ring 020 8885 5684**

Saturday	
9-10	<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.
9-10	<b>Open level Vinyasa Yoga Flow.</b> Harmonising the movement of body & breath in dynamic sequences. Visit <a href="http://dorcasyoga.com">dorcasyoga.com</a> . Open to all. Drop in £7 or blocks at £6. First Class Free
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. Booking essential.
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.
11.45-1.15	<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: 2nd February. £7.
11.45-1.15	<b>Special Tinkering Club.</b> Monthly drop-in for 8-12yrs. Parents/carers can tinker too! Contact Amy: 07813 069990. This month: 16th February. £7
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: 2nd February. Free.
Sunday	
10-11	<b>Open Level Vinyasa Yoga Flow.</b> Harmonising the movement of body & breath in dynamic sequences. Visit <a href="http://dorcasyoga.com">dorcasyoga.com</a> . Open to all. Drop in £7 or blocks at £6. First Class Free
10.30-12.30	<b>Lordship Hub Board Meeting.</b> All welcome. Next meeting: Sunday 17th February. Free
11-12	<b>Chi Kung.</b> Exercises based on the principles of Chinese medicine. <a href="mailto:darcyphil@hotmail.com">darcyphil@hotmail.com</a> . £5
12.15-1.15	<b>Pilates Mat-work Class.</b> All abilities. Improve core stability, flexibility and posture. £8/£7 low waged or £30 in advance for 6 classes. <a href="mailto:pilatesmaurasophie@gmail.com">pilatesmaurasophie@gmail.com</a>
2-4pm	<b>Friends of Lordship Rec AGM.</b> All welcome. Sunday 10th February Light refreshments available. Free

## New Classes

### Hatha Yoga Class - 'Exercise and Relax'

Come and try your first 'Exercise and Relax' Hatha Yoga Class – Open Level - First class Free

6.45-7.45pm at the Hub on Wednesdays. £7/6

Email: [laurajmarcus@yahoo.co.uk](mailto:laurajmarcus@yahoo.co.uk).

### Tea, Coffee and IT.

Wednesdays, starting 27th February, 2.30-4.30pm.

Make the most of your phone, tablet and Laptop , Games with Tea & Coffee – FREE – drop in or contact: [Genstacia.Bull@haringey.gov.uk](mailto:Genstacia.Bull@haringey.gov.uk) or 07855 071 513

## Hub Marathon Appeal

**Our friends Belvin and Isaac are running the London Marathon to raise money for the Hub**

Please sponsor them and support the Hub.

Go to Lordship Hub Website: [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk) & choose 'Marathon Donations' from the top menu.

## Feldenkrais Workshop

"Before Walking - revisiting the developmental stages we went through as babies"

Wednesday 20th February, 2-4.30pm. £20

Email: [lynda@movementaware.co.uk](mailto:lynda@movementaware.co.uk) to book.

## Friends of Lordship Rec

### Annual General Meeting

of the Friends of Lordship Rec - All Welcome  
Sunday 10th February, 2-4pm at the Hub

## Wheely Tots

Every Friday, 9.45-10.30am

**Family friendly activities for under 4s**

Balance Bike Sessions. Meet up in the model traffic area.

[info@wheelytots.com](mailto:info@wheelytots.com) or see [www.wheelytots.com](http://www.wheelytots.com)

**LORDSHIP HUB**  
Community building in every sense

## FEBRUARY 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](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

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Phone us re disabled vehicle access to the park