

# What's on at Lordship Hub in March

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/£7/£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.	£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> . First class FREE. Not on 12th March.	£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. Not on 19th March.	£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
	3-4pm	New. Baby Movement Lab - Creative dance for parents and their little ones. Suitable for pre-walking babies and their parents. £8 drop in or £35 for 5 classes (to be used in 3 months). For more info: email <a href="mailto:mafe@mafetoledo.com">mafe@mafetoledo.com</a> or ring 07811281497. Starts 12th March.	£8/£7
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels. Drop in £7 or book blocks at £6. For more information visit: <a href="http://dorcas-yoga.com">dorcas-yoga.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> . Not on 13th March.	£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> . Not on 13th March.	£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	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.	Free
	6.45-7.45pm	Pilates mat class. Contact Lauren <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5. Not 20th March.	£8/£5
	6.45-8.00pm	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 March.	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 £36. <a href="http://MarcellaShivShaktiYoga.net">MarcellaShivShaktiYoga.net</a> .	£7/£6
	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> .	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£2
	1-2pm	Green Gardeners. Every 2nd Thursday of the month. Next meeting: 14th March.	Free
	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
	6.30-7.45	New. Hub Community Singing. Come and join us – ‘Sing your heart out’. For more info please contact: <a href="mailto:leona@lordshiphub.org.uk">leona@lordshiphub.org.uk</a>	Free
	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://dorcas-yoga.com">dorcas-yoga.com</a> . First class FREE.	£7/£6
Friday	10-10.45am	Tiny Time Music. Singing, bubbles, instruments, dancing. Siblings £3 <a href="mailto:hello@tinytimemus">hello@tinytimemus</a>	£6
	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
	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.susannasparrowpilatestrainer.co.uk">www.susannasparrowpilatestrainer.co.uk</a> .	£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

There are 2 people running in the London Marathon on April 28th to raise funds for the Hub. Please support their efforts by sponsoring them. Go to Hub website: <https://lordshiphub.org.uk/marathon-donations/> to donate or to get more information. Thankyou!

Saturday	
9-10am	<b>Pilates mat class</b> Contact: Lauren <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5. Not on 23rd March.
9-10am	<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. Not on 23rd March.
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. Not on 16th March.
11.30-12.15	<b>Family Singing Returning 9th March.</b> Music, rhythm & singing sessions with a difference. 0-7yrs. Drop in. Not on 23rd March. <a href="mailto:andymusichall@gmail.com">andymusichall@gmail.com</a> . £5 (£2 for 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: 2nd March. £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 March. Free.
11-3.30	<b>Lordship Hub Open Day and Hub Co-op AGM (2pm)</b> . Free Class Taster Sessions from 11am.
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
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. Not on 17th March.
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>
2-3.30	<b>Friends of Lordship Rec Monthly Drop-in.</b> All welcome. Sunday 3rd March. Free

## New Classes

### Baby Movement Lab

Tuesdays 3-4pm (starts 12th March)

Creative dance class focused on parent-child connection. Suitable for pre-walking babies and their parents. No previous dance experience needed.

£8 drop in or £35 for 5 classes (used in 3months)

email: [mafe@mafetoledo.com](mailto:mafe@mafetoledo.com) 07811281497

### Hub Community Singing Group

Thursdays 6.30-7.45pm (adults only)

If you love singing, come along to the Hub Singing Group. All welcome. [Leona@lordshiphub.org.uk](mailto:Leona@lordshiphub.org.uk)

### Family Singing - 0-7yrs is back

Saturdays 11.30-12.15pm (starts March 9th)

Music, rhythm and singing sessions with a difference. Drop in £5 (£ for siblings) [andymusichall@gmail.com](mailto:andymusichall@gmail.com)

## Family Concert

**Friday, March 8th, 2-3.30pm**

Join the **Danube Band** on a special musical journey for little and big people with **Piotr Jordan** on violin and **Zac Gvirtzman** on accordion. £5 or what you can afford

## Street Art at the Hub

**Saturday, March 23rd, 12-4pm**

Creative Young people, 8+. Design your own board. £7 includes board and paints.

## Hub Open Day & AGM

**23rd March, 11am-3.30pm**

Free Class Taster Sessions from 11am  
AGM at 2pm – ALL WELCOME. Free  
Look back over the achievements of 2018 and forward to another exciting year.

**LORDSHIP HUB**  
community building in every sense

## MARCH 2019 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)

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Phone us re disabled vehicle access to the park