

What's on at LordshipHub in June

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

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|-----------|-------------|--|----------|
| Monday | 10-11am | New Cardio/Barre/Pilates for adults. Mixed discipline exercise class with a full body approach to elevate cardiovascular health, core strength, flexibility & muscle tone. Children are welcome, but will be your responsibility. For further details contact: www.susannasparrowpilatetrainer.co.uk . Starts 17th June. | £7/5* |
| | 11.30-1.30 | Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jroberts@mac.com . | £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! hollycullendavies@gmail.com 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. contact@jessicagreen.net . To book: https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138 . £25 for 4 weeks or £8 drop in. | £6.25/£8 |
| | 7-8pm | New Hula Hooping together for fitness & fun. All welcome. Info from Sarahall52@gmail.com or 07932 566 508. Not on 10th June. | £4 |
| 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! | £2.50 |
| | 3-4pm | Parent & Child Dance Movement Lab - Creative dance for parents and their little ones. Suitable for babies and toddlers up to 3 years. £8 drop in or £35 for 5 classes (to be used in 3 months). For more info: mafe@mafetoledo.com or ring 07811281497. | £8/£7 |
| | 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. | £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. | £4 |
| | 6.45-7.45pm | Pilates mat class. Contact Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. | £8/£5 |
| | 6.45-8pm | Hatha Yoga - Open Level. Feeling tight and stiff? Come and try your first class for Free! Email: laura@lalitapriyayoga.co.uk . Not on 19th & 26th June. | £7/£6 |
| Thursday | 9.30-10.30 | 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. MarcellaShivShaktiYoga.net . | £7/£6 |
| | 10.45-11.45 | Postnatal Pilates – bring your baby. Classes booked as a half termly block. To 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. On 27th June Bookbinding. | £3 |
| | 6.30-7.45 | Hub Community Singing. Come and join us – ‘Sing your heart out’. For more info please contact: leona@lordshiphub.org.uk . | Free |
| | 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 | Tiny Time Music - Fun music for babies and toddlers. Singing, bubbles, instruments, dancing. Siblings £3. hello@tinytimemusic.co.uk . | £6 |
| | 11-12.00 | New Parent & Toddler Dance Movement Lab - Creative dance for parents and their little ones. Suitable for toddlers up to 3 years. £8 drop in or £35 for 5 classes (to be used in 3 months). For more info: mafe@mafetoledo.com or ring 07811 281 497. | £8/£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

The Hub Café will be closed for improvement works from 10th-15th June. We apologise for any inconvenience. The toilets will be open and the classes will be running as usual.

CORE RESTORE - 6 WEEK COURSE

Women's course regarding your Pelvic Floor, Core, Nutrition and Fitness/wellness, whatever life phase you're in. Designed to 'bring you back home' to your amazing body with your Pelvic and Core Health at the centre of our focus. Booking essential. Tuesdays 8-9pm from 4th June to 9th July Book via revivefitnesswellbeing@gmail.com

| SATURDAY | |
|-------------|---|
| 9-10am | Pilates mat class Contact: Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not 1st June |
| 9-10am | Open level 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. |
| 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 1st June. |
| 11.30-12.15 | Family Singing. Music, rhythm & singing sessions with a difference. 0-7yrs. Drop in. andymusichall@gmail.com . £5 (£2 for siblings). |
| 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 June. 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. |
| 9.30-11.30 | Lordship Hub Board Meeting. All welcome! Next meeting: 16th June. |
| 2-3.30pm | Friends of Lordship Rec Drop-in. Meeting for all interested park users. All welcome! This month: 2nd June. |

Broadwater Faces

An exhibition of large photographs of residents of Broadwater Farm Estate

The photos, by Marta Bortoli, are part of a project showing the wide diversity of people living on the estate.

In the Hub Café from 17th June to 7th July

Contact: marta.bortoli@hotmail.com or 07716491361

Special Women's Event

Women's Association of Lordship Rec June 8th 12.45-5pm Free Talks and Workshops

Wildflower bouquet making, Accessorising & styling and Herbs and Lifestyle to reduce stress and enhance well-being.

All afternoon - Chair Massage (£6) Book in advance. email: walordshiprec@gmail.com or call: 07888678780

Free Yin Yoga Taster Session

Discover Yin Yoga & Yoga Nidra Monday 10th June 7-8.30pm

Connect with yourself, be in the present, let go of tension, and deeply relax. Info and booking see: www.eventbrite.com/e/free-workshop-discovering-yin-yoga-yoga-nidra-tickets-62021255244 or contact Louise on: 07970 577750

Crawlers to Walkers

Crawlers to Walkers 7-18 mths - Sat 15th June 1.30-3pm

Celebrate Father's Day - create a footprint card

Creative, sensory, educational and nurturing experiences: softplay, creative messy fun & toddler yoga. Wear old clothes.

Contact: Lisa 07902 227 669, Karen 07902 227 669. first-touchmassage@hotmail.co.uk

Co-op Members' Lunch

Sunday 16th June 1-3pm

All Hub Co-op members welcome to share lunch and discuss issues relating to Lordship Hub together.

Yoga in the Park

Friday 21st June 11-12noon

Celebrate International Yoga Day with an hour's Yoga in the Park, at the Shell Open Air theatre in Lordship Rec (near skate park) Info: val@lordshiphub.org.uk

LORDSHIP HUB
Community building in every sense

JUNE 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

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Phone us re disabled vehicle access to the park