

What's on at Lordship Hub in May

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: jvroberts@mac.com . Not on 6th & 27th May.	£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. Not on 6th & 27th May.	£8/£7/£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. Not on 6th & 27th May.	£6.25/£8
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE. Not on 28th May.	£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 28th May.	£1
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 21st May.	£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 28th May.	£2
	3-4pm	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 mafe@mafetoleo.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 . Not on 29th May.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 29th May.	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Info: Sarahall52@gmail.com or 07932 566 508. Not on 29th May.	£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 Genstacia.Bull@haringey.gov.uk or 07855 071 513 to secure your place. 1st & 8th May only (check with Hub office).	Free
	6.45-7.45pm	Pilates mat class. Contact Lauren perryPilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not on 29th May.	£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 22nd May.	£7/£6
	7-9.30pm	Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 8th May.	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. MarcellaShivShaktiYoga.net . Not on 2nd May.	£7/£6
	10.45-11.45	Postnatal Pilates – bring your baby. Classes booked as a half termly block. To reserve a place: www.susannasparrowpilatestrainer.co.uk . Not on 30th May.	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 23rd May.	£2
	12-1pm	Wildlife Group. Every 2nd Thursday of the month. Planning conservation work in the rec & optional practical work. Next meeting: 9th May.	Free
	1-2pm	Green Gardeners. Every 2nd Thursday of the month. Next meeting: 9th May.	Free
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Booking essential.	£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 . Not on 30th May.	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 . Not on 19th May.	£6
	12.45-1.45	Postnatal Pilates – bring your baby. Booked as a half termly block. To reserve a place: www.susannasparrowpilatestrainer.co.uk . Not on 31st May.	£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

Please note that due to refurbishing works in both rooms a few classes towards the end of May had to be cancelled.
Please check the Lordship Hub Website to make sure classes are on. Thank you!

Saturday	
9-10am	Pilates mat class Contact: Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5.
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. Not on 25th May.
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 25th May.
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 4th & 11th May.
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: 4th May. 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. Not on 26th May.
11-12	Chi Kung. Exercises based on the principles of Chinese medicine. darcyphil@hotmail.com . £5.
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 . Not on 5th May.
2-5pm	Friends of Lordship Rec Drop-in. Meeting for all interested park users. All welcome! This month: 5th May.

Weekend Volunteers needed

If you have 4 hours to spare at the weekend, please consider volunteering in the Hub Café. You will learn new skills and meet new people! Contact val@lordshiphub.org.uk

Building Works at the Hub

Improvements at the Hub

Lordship Hub has been awarded a grant from *Power to Change* to do building improvement work from **mid May to the beginning of June**. It will also pay for a few more hours of paid staffing and a ceiling mounted projector and speakers in the larger room.

Improvements include:

- Bespoke storage in both hiring rooms and updating of the kitchen units. The cupboards in the larger room will have mirrors to help with classes and to make the room brighter.
- Extension of the serving area of the Kitchen/Café to make cooking and serving more efficient.
- Installation of a glass wall with sliding panels between the office and foyer.
- Replacement of the concrete ramp to the terrace.

The two rooms will be worked on between 20th May to 1st June (separately) and the office from 13th May.

The café will be closed for a week from June 3rd.

Moselle Walk Map Launch

Launch of updated Moselle Walk brochure Sunday 26th May from 1-3pm with information about the Moselle, Haringey's mostly hidden river.

Before the Launch there will be a guided walk starting at 11am from the Café at Queen's Wood, Highgate N10 3JP to Lordship Rec along the route of the river.

Kegels and Cake!

Special workshop about the Pelvic Floor

Tuesday, 7th May, 7pm for *all women* If you leak when you sneeze, run, jump or laugh, or suffer back aches, then attend this workshop about what the pelvic floor is, why it weakens and how to strengthen it. Includes short practical session.

£15 for session with cake and goody bag! see: www.holisticcorerestore.com

LORDSHIP HUB Community building in every sense

MAY 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