

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

CLOSED January 1st

Monday	9.30-10.15	New Creative Movements for 2-4yrs. In our classes, we invite children to participate in movement and storytelling to encourage creativity, curiosity and independent thought. £8 for drop in or £30 for 5 classes. Contact Aly: aly@creativemovements.co.uk or 07743 414 760.	£8/6
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jvroberts@mac.com . If you book 3 sessions in advance £8. Drop-in £10.	£8/10
	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
	6.45-7.45	Hula Hooping together for fitness & fun. All welcome. Book 4 sessions £20, drop-ins £5 if space. Info: Sarahall52@gmail.com or 07932 566 508.	£5
	7-8pm	Mat Pilates for mixed abilities - improve posture, strength, flexibility and wellbeing. £8 drop in or £6 block booking. For more info, email Kate: pilateswithextras@gmail.com or 07885 803735.	£8/£6
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE.	£7
	9.30-10.30	New Hatha Yoga with Tre. Take some time out for yourself and let's stretch, breathe and move through some asanas together. I look forward to meeting you. Drop in £7 or book a block of 6 classes for £30 (used within 3 months). Contact: yogawithtre@gmail.com or 07428 868 555. Starts 7th January.	£7/£5
	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
	10.30-12.30	Reach and Connect. Advice and support sessions for 50+ Haringey residents to help people to manage acute issues. This month: 7th January.	Free
	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! For more information please contact Candy: 07961044079.	£3
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels. £8 (concessions available). For more information visit: dorcasyoga.com . First class FREE.	£8*
	7-8pm	HCR® Bump - Fitness through Pregnancy. Gets you strong for the life you live and Birth Preparation offering. For further info contact Naomi: 07877151791 or revivefitnessandwellbeing@gmail.com . To book: https://www.revivefitnesswellbeing.com/bookings .	£10
8-9pm	HIIT Bootcamp. Full body workout, using HIIT to burn the most calories! 6 sessions £42. For further info contact Naomi: 07877151791 or revivefitnessandwellbeing@gmail.com . To book: https://www.revivefitnesswellbeing.com/hiit-bootcamp .	£7	
Wednesday	10-11am	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Restarts 8th January.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Restarts 8th January.	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Book 4 sessions £20, drop-ins £5 if space available. Info: Sarahall52@gmail.com or 07932 566 508. Restarts 8th January.	£5
	6.45-7.45	Pilates mat class. Contact Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Restarts 8th January.	£8/£5
	6.45-8pm	Hatha Yoga Class. Do you struggle to find time and space for you? Try your first class Free! £8 drop in or £35 for 5 classes. Email: laura@shaktiyogalondon.co.uk or www.shaktiyogalondon.com . Restarts 8th January.	£8/£7
	7-9pm	Tottenham Photography Club. For all who are passionate about photography. See: www.facebook.com/groups/TottPhotoClub/ . This month: 15th January.	Free
Thursday	9.15-10.30	New Hatha Yoga Class. Do you struggle to find time and space for you? Try your first class Free! £8 drop in or £35 for 5 classes. Email: laura@shaktiyogalondon.com or www.shaktiyogalondon.com . Starts 9th January.	£8/£7
	10.45-11.45	Postnatal Pilates – bring your baby. Booked as a half termly block. To reserve a place: www.susannasparrowpilatestrainer.co.uk . New course restarts 9th Jan.	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Restarts 9th January.	£2
	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 . Restarts 9th January.	Free
	7-8pm	Yoga Flow with Claire. Class links music, movement and breath. All levels welcome. £8 (concessions available). Visit: yogaintottenhamn17.com . First class free. Restarts 9th January.	£8*
Friday	10-10.45am	Tiny Time Music - Fun music for babies and toddlers. Singing, bubbles, instruments, dancing. Siblings £3. hello@tinytimemusic.co.uk . Restarts 10th January.	£6

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

Saturday	
9-10am	Pilates mat class. Contact: Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5 .
9-10am	Hatha Yoga all levels: Escape from the world & take care of yourself! Stretch, gain stamina, relax and meditate! £5 per class. Gaby: 07568583723 or yogahathagaby@gmail.com , www.yogababy.com .
10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. £7 or block of 4 classes £20 . To book: www.yogaavenue.guru . Booking essential. Restarts 11th January.
10.15-11.15	Toddler Yoga. 20 months to 4yrs. Stretch, move & relax together. first-touchmassage@hotmail.co.uk . £8/£40 for 6 sessions. Restarts 4th January.
11.30-12.15	Family Singing. Music, rhythm & singing sessions with a difference. 0-7yrs. Drop in. andymusichall@gmail.com . £5 (£2 for siblings).
Sunday	
10-11	Vinyasa Yoga Flow. Harmonising the movement of body & breath in dynamic sequences. Visit dorcasyoga.com . Open to all. Blocks at £6 , drop in £7 . First Class Free.
10-11	Chi Kung. Exercises based on the principles of Chinese medicine. kitt@harashiatsu.co.uk . £7 .
10.30-12.30	Lordship Hub Board Meeting. All members welcome! This month: 12th January
11.15-12.15	Soca Dance Workout with Sheneka 07753622742 or shenika@defeme.net . £6 or £25 for 5 classes.

Core Restore Course

6-week COURSE

From the 5th January 11.15-12.15

A UNIQUE AND GROUND-BREAKING 6-Week 'Every Woman' programme of education in Pelvic Floor, Core, Nutrition & Fitness/ Wellness, adaptable for virtually all women.

Booking essential for the above:

www.revivefitnesswellbeing.com/bookings

Contact Naomi: **07877151791**

revivefitnessandwellbeing@gmail.com

Wassail in the Orchard

Wassail 12th January 2-5pm

Traditional celebration of Apple Orchards
Fun for all the family – Lantern-lit procession, live music, singing, mulled cider and non-alcoholic hot Caribbean Sorrel, apple cakes galore.

Come with a pot or pan or something to bang for the procession.

Lantern making workshop in the Hub 2-3pm
Procession from the Hub 3.30pm (meet 3.15pm)

New Classes

Creative Movements for Children 2-4yrs Mondays, 9.30-10.15pm

We invite children to participate in movement and storytelling to encourage creativity, curiosity and independent thought. **£8** for drop in or **£30** for 5 classes.

Contact Aly: aly@creativemovements.co.uk or 07743 414 760. **Starts 6th January**

Hatha Yoga with Tre. Tuesdays 9.30-10.30am

Take some time out for yourself and let's stretch, breathe and move through some asanas together yogawithtre@gmail.com or 07428 868 555. Drop in **£7** or book a block of 6 classes for **£30** (used within 3 months). **Starts 7th January.**

Hatha Yoga Class Thursdays 9.15-10.30am

Do you struggle to find time and space for you? Try your first class Free!

Email: laura@shaktiyogalondon.com or www.shaktiyogalondon.com. **Starts 9th Jan.**

Happy New Year to all our customers from all at the Hub

LORDSHIP HUB
Community building in every sense

January 2020 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
www.lordshiphub.org.uk

[@LordshipHub](https://twitter.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park