

What's on at Lordship Hub in August 2022

Hub Café open daily 11-4pm (not Thursdays). On Saturdays open from 10am. For activities see below, **drop in office Mon-Fri 11-3pm**, email: hello@lordshiphub.org.uk, phone 020 8885 5684 or see www.lordshiphub.org.uk. PLEASE CHECK WITH CLASS LEADERS IN CASE OF LATE CHANGES.

Monday	11.00-1.00	Watercolour Group. First session free, then £30 monthly in advance. Booking required. Contact Catherine 47moonraker@gmail.com .	£30 pcm
	6.30-7.15	NEW. Boxing. Improve fitness, confidence, lose weight and have fun, using boxing gloves and pads. All levels welcome from beginners to advanced. £7 per session or £25 for a block of 4 sessions. For further info contact Bill on 07941 434 186 . Starts 1st Aug.	£6.25/£7
Tuesday	9.30-10.45	Awareness through Movement: Feldenkrais Method. £9 per session either in person or online – booked in advance. NEW to FELDENKRAIS? DROP IN without booking. Ease, flexibility & improved posture. More info www.movementaware.co.uk . The price includes an audio recording. Concessions available. Last session 16 August. Restarts 6 Sept.	£8
	11.00-12.00	Silverfit. Exercise for 45+. Yoga. For more information and booking contact 07976 547 717 , info@silverfit.org.uk , www.silverfit.org.uk . Silverfit also organises Nordic Walking in the Rec from 11.00-12.00. All sessions are currently free, but you do need to book in advance.	Currently free
	12.30-1.15	Fair weather Hula Hooping - For fitness and fun. Booking essential due to limited numbers. Block book 3 consecutive weeks for £21 . Limited drop in spaces available. For further info and concessions contact Sara: 07932566508 , sarahall52@gmail.com .	£7
	5.30-7pm	Lordship Hub Board Meeting. All Lordship Hub Co-operative members welcome! This month: 2nd August.	FREE
	7-8pm	Yoga Flow for every body. All levels Vinyasa Flow. For more info contact Caz: 07975 920 886 .	£7
Wednesday	6.30-7.30	Pilates Mat Class. Combining a variety of exercises with the correct breathing, alignment & stretching to lengthen, strengthen & tone the body. Mixed abilities. Contact Lauren: perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate of £6 .	£6/£8
	7-9pm	Tottenham Photography Club. Come and meet other photography enthusiasts in Tottenham at the Hub. Everybody welcome. This month: 10th August.	FREE
Thursday	11am-1pm	Seniors' Coffee Morning. Come to meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in.	Donation
	6.30-7.30pm	Slow Flow Yoga. This moving mediation class uses the breath to find inner calm and stress relief. £8 or £32 for a 5 Class Pass (buy 4 classes and get one free) Advance booking preferred. Contact Amenda: yogamenda@gmail.com for details.	£6.40/£8
Friday	1-1.45pm	Baby College – Infants (Newborns-9mths). All our fun activities are suitable from birth with the exercises progressing as your baby grows. Sing, Dance, Language Development, Imagination Play, Speech Development, Learning, Yoga, Tummy Time, Social Baby, Parachute, Bubbles, Sensory Toys and More! For more info contact Stacy on 07472 880060 , stacy@babycollege.co.uk or see https://www.babycollege.co.uk/haringey .	£9
	7-8pm	NEW. Sound Meditation with Gongs. All that's required is that you get comfortable, let go and allow yourself to be guided into a relaxed state before being immersed in healing sound waves. Just drop in. Please bring a blanket. £10 per session. For more info contact Luran: 079596 316 163 or ascensionsounds22@gmail.com .	£10

*Concessions available

WEEKEND CLASSES SEE OVER - Check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk

SATURDAY	
9-10am	Pilates Mat Class. Combining a variety of exercises with the correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate of £6.
10.30-11.30	Adult Fitness Sessions – Turn up & Tone up class. Reach your fitness goals with training techniques fit for all. Target the whole body with workouts using all the major and minor muscle groups. For further inquiries, call Tashan on 07946 257 245 or email admin@dalamageactive.co.uk . £9 drop in, £40 block of 5, £77 block of 10.
2-4pm	Music Circle in the Café. This month: 13th August.
SUNDAY	
10-11am	Antenatal Yoga. Stay fit, strong & supple during pregnancy. £10 or Block of 3 classes £25. Details on www.yogaavenue.com . Book on eventbrite: https://www.eventbrite.co.uk/e/antenatal-pregnancy-yoga-online-in-person-registration-85560145699 .
2-4pm	Friends of Lordship Rec monthly meeting. Come and find out what is going on in the Rec. This month: 14th August.
4-7pm	Hub Repair Café Bring any small household items/clothes. Free but must book in advance: bit.ly/haringeyfixers , HaringeyFixers@gmail.com , 07887 493658. This month: 7 August.

Forest School

Sunrise Forest School Holiday Club
August 8th-12th, 10-3pm in Lordship Rec
 Bush Crafts for Ages 5-8. £38 per day
Contact: Sunriseforestschool@gmail.com

Lordship Park Run

New Lordship Rec Park Run
Every Saturday at 9am
Proposed start date 27 August

For starting point and more information contact:
daniel_jones53@hotmail.com

New Classes

Boxing

Every Monday – Starting 1 August
 6.30-7.15pm

Sound Meditation with Gongs

Every Friday – Starting 5 August 7-8pm

The Trove Market

Fun Tottenham Community Event
Saturday 6 August 11-4pm

in Lordship Rec (by outdoor Gym and Lordship Hub)
Stalls, food and fun children's activities

Tottenham Flower and Produce Show

GET BAKING, GET MAKING
Saturday 10 September, Lordship Rec

Show Entry Form available at the Hub soon.
 See Lordship Rec and Hub social media for information about children's workshops and talks in the lead up to the show.

Contact: joanhcurtis51@gmail.com

LORDSHIP HUB
 Community building in every sense

AUGUST 2022 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://www.facebook.com/LordshipHub) [LordshipHub](https://www.facebook.com/LordshipHub)
 Phone us re disabled vehicle access to the park