



## The HIP List

Your Pull  
Out Guide  
To What's  
Happening  
In Hastings

Want your event listed?  
Contact us now  
Ian Greensmith (music),  
Nadine Hayward (art,  
cinema, theatre &  
performance), Hugh  
Sullivan (sport) and Rod  
Webb (events, classes)  
on [listings@yourhip.co.uk](mailto:listings@yourhip.co.uk)

## MUSIC

**Friday 25 August**  
**Barry Steele & Friends in**  
**The Roy Orbison Story**  
White Rock Theatre, 7.30pm  
**McNiff's Folk Sundowner**  
The Jenny Lind, High St, 5.00pm  
**Ese & The Voodoo People**  
The Pig, White Rock, 7.30pm  
**Roger Carey**  
Pisarro's, South Terrace, 8.30pm  
**Fire in the Meadow +**  
**James Friis-Lawrence**  
**and Reshad Rahman**  
The Brass, Havelock Rd, time tbc

**Saturday 26 August**  
**Seafront Session: DJ**  
**Juliet Harris**  
The Albion, George St, 3.00pm  
**Saytek**  
The Pig, White Rock, 5.00pm  
**5-2-5 Collective: DJ Set**  
1200 Postcards, Queens Rd, 7.00pm  
**Kangaroo Juice**  
East Hastings Sea Angling  
Association, The Stade, 8.45pm  
**Still Remains**  
The Carlisle, Pelham St, 9.00pm  
**Totally Taylor: A Taylor**  
**Swift Club Night**  
The Brass, Havelock St, 10.00pm

**Sunday 27 August**  
**Cushty**  
East Hastings Sea Angling  
Association, The Stade, 3.00pm  
**Take It Easy: Carnival Sunday**  
**Hosted by DJ Lee with Guest**  
**Selectors Jo & Dunc**  
1200 Postcards, Queens Rd, 7.00pm  
**Martin Blackman Band**  
The Jenny Lind, High St, 4.00pm  
**Black Rose Society**  
The Carlisle, Pelham St, 4.00pm  
**Garry Blakeley & Bear Lucas**  
The Stag, All Saints St, 5.00pm  
**Vinyl Night**  
The Jenny Lind, High St, 7.00pm  
**Ska-per**  
Pisarro's, South Terrace, 8.30pm

**Monday 28 August**  
**Total Mayhem**  
The Carlisle, Pelham St, 4.00pm

**Tuesday 29 August**  
**Cajun Night**  
The Albion, George St, 8.30pm  
**Traditional Folk Session**  
The Stag, All Saints St, 8.30pm

**Wednesday 30 August**  
**Graham Nash**  
De La Warr Pavilion,  
Bexhill, 7.00pm  
**Open Mic with James & Jules**  
The Pig, White Rock, 8.00pm  
**Medicine Wagon**  
The Seadog, Station Rd, 8.30pm

**Thursday 31 August**  
**Squeeze**

De La Warr Pavilion,  
Bexhill, 6.00pm  
**Part Chimp + Blind**  
**in one Ear + DJs**  
The Pig, White Rock, 7.30pm  
**The Informers**  
Oscar's on the Sq, Lower  
Promenade, Warrior Sq, 7.30pm  
**Open Mic with James**  
**& Meredith**  
TinTins, Robertson St, 8.00pm  
**Lord Jasper The Reluctant**  
**Hippy Presents the**  
**Blues + Guests**  
The Royal Standard, East  
Beach St, 8.00pm  
**Shanty Night with**  
**Completely Scuppered**  
The Jenny Lind, High St, 8.30pm  
**The Courettes**  
The Piper, Norman Rd, 8.00pm

**Friday 1 September**  
**The King's Voice: Gordon**  
**Hendricks as Elvis**  
White Rock Theatre,  
White Rock, 7.30pm  
**McNiff's Folk Sundowner**  
The Jenny Lind, High St, 5.00pm  
**Northwood**  
Pisarro's, South Terrace, 8.30pm  
**Aideen & Stuart**  
The Jenny Lind, High St, 8.30pm  
**This Ain't a Scene**  
The Brass, Havelock St, 10.00pm

**Saturday 2 September**  
**Squeeze**  
De La Warr Pavilion,  
Bexhill, 7.00pm  
**What's Love Got to do with**  
**it? Tina Turner Tribute**  
White Rock Theatre,  
White Rock, 7.30pm  
**Chill at the Pier: Chill DJs**  
Hastings Pier, 2.00pm  
**Seafront Session: Redcatz**  
The Albion, George St, 3.00pm  
**Igneous Fig**  
The Jenny Lind, High St, 6.00pm  
**Brenda's Girl**  
East Hastings Sea Angling  
Association, The Stade, 8.45pm  
**Let There Be DC (AD/**  
**DC Tribute)**  
The Carlisle, Pelham St, 9.00pm

**Sunday 3 September**  
**Illegal Eagles**  
White Rock Theatre,  
White Rock, 7.30pm  
**Amanda Simmonds**  
East Hastings Sea Angling  
Association, The Stade, 2.00pm  
**Trevor Moss**  
The Stag, All Saints St, 5.00pm  
**Vinyl Night**  
The Jenny Lind, High St, 7.00pm

**Tuesday 5 September**  
**Orchestra Baobab**  
De La Warr Pavilion,  
Bexhill, 7.00pm  
**Irish Music Session**

The Albion, George St, 8.30pm  
**Traditional Folk Session**  
The Stag, All Saints St, 8.30pm

**Wednesday 6 September**  
**Open Mic Night**  
The Carlisle, Pelham St, 7.00pm  
**Open Mic with James & Jules**  
Tin Tins, Robertson St, 8.00pm  
**Jam Night**  
Pisarro's, South Terrace, 8.00pm  
**Bertie Whuksters:**  
**Ukulele Jam Session**  
The Seadog, Station Rd, 8.00pm  
**Americana/Bluegrass Night**  
The Stag, All Saints St, 8.30pm

**Thursday 7 September**  
**Regular Thing:**  
**Simon&thePope +**  
**DJ Southcoast James**  
**Endeacott + guests**  
The Marina Fountain,  
Caves Rd, 7.30pm  
**Live Jazz: The Jazz**  
**Organisation plus**  
**Special Guest Roger**  
**Carey (Bass/Vocals)**  
The NUR, Robertson St, 8.00pm  
**Open Mic with James**  
**& Meredith**  
The Pig, White Rock, 8.00pm  
**Lord Jasper The Reluctant**  
**Hippy Presents the**  
**Blues + Guests**  
The Royal Standard, East  
Beach St, 8.00pm  
**Shanty Night with**  
**Completely Scuppered**  
The Jenny Lind, High St, 8.30pm

## CINEMA

**Friday 25 August**  
**Trip (+Q&A with Director**  
**and Cast Member)**  
Electric Palace, High St, 7.30pm  
**Blind Willow, Sleeping Woman**  
Kino-Teatr, Norman Rd,  
3.00pm, 7.30pm

**Saturday 26 August**  
**Matilda the Musical**  
The Lawn, De La Warr  
Pavilion, 8.00pm  
**Lie With Me**  
Electric Palace, High St, 7.30pm  
**Free Family Film Showing**  
His Place Community Church  
& Café, Robertson St, 1.00pm

**Sunday 27 August**  
**Jean de Florette,**  
11.00am  
Aquarius International Club  
Presents: The Party, 3.15pm  
**Kronos, 7.30pm**  
Electric Palace, High St, 11.00am

**Thursday 31 August**  
**Kedi**  
Electric Palace, High St,  
11.00am, 7.30pm  
**Exploding Cinema**

**Hastings – A Night of**  
**Independent Short Films**  
The Printworks,  
Claremont, 7.30pm

**Friday 1 September**  
**Are You There God?**  
**It's Me, Margaret**  
Electric Palace, High St, 7.30pm

**Saturday 2 September**  
**Are You There God?**  
**It's Me, Margaret**  
Electric Palace, High St, 7.30pm  
**Free Family Film Showing**  
His Place Community Church  
& Café, Robertson St, 1.00pm

**Sunday 3 September**  
**Nam June Paik: Moon**  
**Is the Oldest TV**  
(Coastal Currents Screening)  
Electric Palace, High St, 11.00am

**Thursday 7 September**  
**Till**  
Electric Palace, High St,  
11.00am, 7.30pm  
**Sussex Exchange**  
Queensway – for film listings go to:  
[cinema.thesussexexchange.co.uk](http://cinema.thesussexexchange.co.uk)  
**Odeon Hastings**  
Queens Rd - for film listings go to:  
[odeon.co.uk/cinemas/hastings](http://odeon.co.uk/cinemas/hastings)

## PERFORMANCE

**Friday 25 August**  
**Topsie Redfern**  
Forbidden Fruit, Grand  
Parade, 9.30pm  
**Three Pieces by Pinter:**  
**Landscape, Victoria**  
**Station and Night**  
Stables Theatre, The  
Bourne, 7.30pm  
**Comedy Night**  
TinTins Bar, Robertson  
St, 8.00pm

**Saturday 26 August**  
**Twelfth Night (Duke's**  
**Theatre Company)**  
Fairlight Hall, Martineau  
Lane, 7.00pm  
**Three Pieces by Pinter:**  
**Landscape, Victoria**  
**Station and Night**  
Stables Theatre, The  
Bourne, 2.30pm, 7.30pm

**Sunday 27 August**  
**Twelfth Night (Duke's**  
**Theatre Company)**  
Fairlight Hall, Martineau  
Lane, 4.00pm

**Monday 28 August**  
**Horrible Histories -**  
**Barmy Britain!**  
White Rock Theatre,  
1.30pm, 4.30pm

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## LISTINGS

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&lt; Continued from page 11

**Friday 1 September**  
**Scramble (Music and Comedy)**  
 The Nest, High St, 7.00pm

**Saturday 2 September**  
**Explore the Arch: High Rise Classical Concert**  
 Four Courts Wellbeing Hub, Sydney Close, Hollington, 7.30pm

**Sunday 3 September**  
**St Leonards Concerts – Beethoven & Brahms**  
 Christ Church, Silchester Rd, 5.00pm

For further listings at Kino-Teatr please check for updates at [www.kino-teatr.co.uk](http://www.kino-teatr.co.uk)

## ART

**Abraham Osorio & The Young Creatives Collective**  
 Until 31 August 2023  
 Rooftop Foyer, De La Warr Pavilion, Bexhill

**A Moment in Time**  
 Until 30 September 2023  
 Stables Theatre Gallery, The Bourne

**Art Defends Nature (by Extinction Rebellion)**  
 26 August until 3 September 2023  
 Bat Cave Gallery, Rock a Nore Rd

**Artists in Residence: The Two Ians**  
 Until 30 September 2023  
 St Andrews Mews, Waldegrave St

**Bexhill Art Society Annual Exhibition**  
 26 until 28 August 2023  
 De La Warr Pavilion

**BLAST Art Gallery Exhibition – Extraction**  
 Until 26 August 2023  
 St Andrews Mews, Waldegrave St

**Bottle Alley Art Market**  
 26 August 2023  
 Bottle Alley, Warrior Sq

**Decade – Folio 14 Artists**  
 22 August until 3 September  
 Hastings Arts Forum, Marine Court

**Exploding Lines – Alison Claire France**  
 Until 27 August 2023  
 Rogue Gallery, Norman Rd

**Jack in the Green 40**  
 Until 6 October 2023  
 Hastings Museum and Art Gallery, Bohemia Rd

**Kate Delaney – The Hot House**  
 1, 2, 3, 8, 9, 10 September 2023  
 Alexandra Park Greenhouse

**Katie Cuddon – Night Portraits**  
 Until 3 September 2023  
 De La Warr pavilion, Bexhill

**Leah Germann – Things Build Up**  
 Until 31 August 2023

St Andrews Mews, Waldegrave St

**Matthew Radford: Succession**  
 From 19 August 2023  
 Kino-Teatr Gallery, Norman Rd

**Mohammed Sami: The Point 0**  
 Until 28 August 2023  
 De La Warr Pavilion, Bexhill

**Mythomania**  
 Until 3 September 2023  
 Hastings Museum and Art Gallery, Bohemia Rd

**PhotoHastings in Residence**  
 1 September until 31 October 2023  
 St Andrews Mews, Waldegrave St

**Portraits of the Dove Café**  
 Until 17 September 2023  
 Hastings Museum and Art Gallery, Bohemia Rd

**Re-Imagined**  
 Until 26 August 2023  
 North Staircase, De La Warr Pavilion, Bexhill

**Rip It Up (Group Show)**  
 Until 30 August 2023  
 St Andrews Mews

**Ruby Cox & Tom O'Brien**  
 Until 31 August 2023  
 His Place Community Church, Robertson St

**Soutine/Kossof**  
 Until 24 September 2023  
 Hastings Contemporary, The Stade

**Tressell's Children Part I**  
 (Installation) 1-3 September 2023

**Tressell's Children Part II**  
 (Installation) 9-10 September 2023  
 St Andrews Mews, Waldegrave St

**Tschabalala Self: Seated**  
 Until 29 October 2023  
 De La Warr Pavilion

**Yun Hyong-Keun**  
 Until 1 October 2023  
 Hastings Contemporary, The Stade

## SPORT

**Saturday 26 August**  
**Football: Hastings United v Concord Rangers – Isthmian League Premier Division**  
 Pilot Field 3pm  
 Canvey Island visitors were relegated from the National League South in April.

**Saturday 2 September**  
**Cricket: Hastings & St Leonards Priory v Brighton & Hove – Sussex Cricket League Div 2**  
 Claremont School 12.30pm

**Crowhurst Park v Worthing – Sussex Cricket League Div2**  
 Crowhurst Park 12.30pm  
 Last matches of the league season. Crowhurst's visitors, Worthing, will probably be already assured of their championship title; the

Hastings side will hope to be still in contention for promotion as runners-up.

**Sunday 3 September**  
**Football: Hastings United Women v Eastbourne United – London & South East Regional League**  
 Pilot Field 2pm

## EVENTS

**Every Monday, Tuesday, Wednesday, Friday**  
**Health Walks**  
 Gentle, hour-long walks to boost physical and mental health. Free, no booking required, Times and venues vary, see website for details.  
[tcv.org.uk/southeast/volunteer-south-east/east-sussex-healthy-walks](http://tcv.org.uk/southeast/volunteer-south-east/east-sussex-healthy-walks)

**Every Monday**  
**Al-Anon**  
 7.30pm-8.30pm  
 Clifton Community Church Centre, 1-2 Stainsby St, St Leonards

Worried about someone's drinking? Come to Al-Anon family groups 12-step weekly meeting. All welcome.  
[al-anonuk.org.uk/groups/hastings-monday](http://al-anonuk.org.uk/groups/hastings-monday)

**Karaoke Night with John C Live**  
 Havelock Pub, Robertson St, 7.00pm  
 Facebook  
[#generalhavelockhastings](https://www.facebook.com/generalhavelockhastings)

**The Seadog Quiz**  
 32, Station Rd, Hastings, 8.00pm  
 1st place - £50 bar tab  
[@TheSeaDogHastings](https://www.facebook.com/TheSeaDogHastings)

**Every Tuesday**  
**OHPS Original Old Town Guided Walks**  
 Meet by the café on the West Hill 2.30pm (until 26 Sept)  
 £6. Prebook online or at Fisherman's Museum  
[ohps.org.uk/walks](http://ohps.org.uk/walks)

**SIVE Rhythms**  
 10.00am-11.30am  
 The Crown House, Marina, St Leonards

5Rhythms is a dynamic movement practice that ignites creativity, connection and community. Come and dance with Emma Leech.  
[emmadance.co.uk](http://emmadance.co.uk)

**Every Tuesday, Friday, and Saturday**  
**The Hastings Library of Things**  
 Tuesday 12.00pm-2.00pm, Friday and Saturday 12.00pm-4.00pm  
 The Common Room, 27-29 Cambridge Rd  
 A library of things to be

borrowed, used and returned. Tools, kitchen items, jigsaw puzzles and lots more.  
[hastingslibraryofthings.co.uk](http://hastingslibraryofthings.co.uk)

**Every Wednesday**  
**Let's Do Lunch**  
 12.30pm-2.00pm  
 Isabel Blackman Centre, Winding St, Hastings  
 Make new friends and reconnect with old ones over a lovely and affordable 2 course lunch for under £10.

**Every Friday**  
**Nature Babies, Wellbeing Walks, Talks, Classes and lots more**  
 Rye Harbour Nature Reserve  
 Dates and times vary – see website for details.  
 Explore and learn in the natural environment at Rye Harbour nature reserve. Fantastic tours, events and classes on offer for adults and children.  
[rye.sussexwildlifetrust.org.uk/discovery-centre/events](http://rye.sussexwildlifetrust.org.uk/discovery-centre/events)

**Fixing Friday**  
 12.00pm-4.00pm  
 The Common Room, 27-29 Cambridge Rd  
 Bring your small items for repair. If in doubt, bring it along!  
[makeandmendbexhillandbeyond.org.uk](http://makeandmendbexhillandbeyond.org.uk)

**Saturday 26 August**  
**And every other Saturday**  
**Flight Feathers Poetry Slam**  
 7.00pm-10.00pm  
 The Nest, High St, Hastings  
 Join us as we bring together experienced poets and budding talents to help develop their creative wings. Hosted by the amazing local performer Lucas The Peaceful Poet.  
[eventbrite.co.uk](http://eventbrite.co.uk)

**Friday 25 August**  
**Living History Open Day**  
 Hands of Hope Community Garden, Hawkhurst  
 Living History is a wonderful project with lots of opportunities for people of all ages to learn new skills, discover interesting facts about our heritage, reconnect with nature, and engage with the local community.  
[web:hohcharity.co.uk](http://web:hohcharity.co.uk), email: [info@hohcharity.co.uk](mailto:info@hohcharity.co.uk)

**Saturday 26 August**  
**Moonlight & Memories Walk**  
 Start time 8.00pm  
 25 Upper Maze Hill, St Leonards TN38 0LB  
 Celebrate life, love and friendship and remember loved ones at St Michael's Hospice's Moonlight and Memories Walk. Start and finish

at the hospice. Registration £15.  
**Thursday to Monday 31 August**  
**4 September**  
**Space For Everyone**  
 Hastings Pier. Just turn up!  
 Replica of the LauncherOne rocket, virtual reality experiences; mission to inspire the next generation to pursue careers in the UK space industry.  
[spaceperson.co.uk/rocket-tour](http://spaceperson.co.uk/rocket-tour)

**Thursday 31 August**  
**Collage & Chill**  
 7.00pm-9.00pm  
 Afri-Co-Lab, 3, Marine Court, Saint Leonards  
 An eve of creative reflection through the art of collage using magazines, fabrics, wallpaper, banana leaf and whatever paper-like materials we can find.  
[afri-co-lab.org](http://afri-co-lab.org)

**Saturday 2 September**  
**Diabetes UK Get Together**  
 The Nest, High St, Hastings  
 Chat with other young people with type 1, relax in designated 'chill-out' spaces, and take part in freestyle creative activities.  
[SECoastandLondon@diabetes.org.uk](mailto:SECoastandLondon@diabetes.org.uk), 01372720 148

**Monday 4 September**  
**Hard of Hearing Support Group**  
 10.30am-12noon  
 His Place Café, Robertson St, Hastings  
 Opportunity to meet other hard of hearing people and to make new friends in a relaxed and welcoming environment.  
 01323 722505, [eshrc.org](http://eshrc.org)

## CLASSES

**Mondays**  
**Overeaters Anonymous**  
 7.30-8.30  
 Clifton Centre, 1-2 Stainsby St, St Leonards31  
[oagh.org.uk](http://oagh.org.uk)

**Slow and Easy Fitness**  
 11.30-12.30pm, £3  
 Bewellfit, 9, The Ridge, TN34 2AA  
 Exercise for older adults  
 07817 144812:  
[bodymoveshastings.com](http://bodymoveshastings.com)

**Drum Club**  
 4.15pm-5.15pm, £6.50  
 West Hill Community Centre  
 For 15-16 year olds, booking essential.  
[juliansambadrums@gmail.com](mailto:juliansambadrums@gmail.com)

**Darragh Dance**  
 5.30pm-7.00pm, £10, £5 concessions  
 Afri-Co-Lab, 3 Marine Court, St Leonards  
 Get your joy on with movement director and choreographer Darragh O'Leary.

**Crossword Solution No 233:****Across:** 1. Crooks 3. PoLice 4. Resist **Down:** 1. Copper 2. Street (anagram)

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## LISTINGS

*afri-co-lab.org***Silver Swans Beginners****Ballet Class**

(Closed Bank Holiday)

11.15am-12.15pm

Isabel Blackman Centre

*Annie 07704 711772***Silver Swans Ballet Class**

4.00pm-5.30pm and

6.30pm-8.00pm

Ore Community Centre, Studio 2

*Annie 07704 711772***Art Class for Adults**

10am-12.15pm &amp; 12.45-3.00pm

Ore Community Centre

All levels, £10.50 per session

*sjflack.art***Choir Practice!**

11.00am

The Chapel of Christ

Stillness, Moon Cottage,

Guestling, TN35 4HJ

New singers of all ages welcome.

*thechapelofchristsstillness.co.uk***Feel better with****Therapeutic Movements**

2.00pm-3.00pm

Salvation Army Hall, St

Andrew's Sq, Hastings

Suitable for all ages.

*qigongsigrid@gmail.com***Candlelit Yoga**

6.00pm-7.00pm

Hastings Old Town

*oldtownyoga.co.uk***Absolute Beginners****Argentine Tango**

7.00pm-8.30pm

Upstairs at the Piper,

1 Norman Rd

£40pp or £70 couple

*pennythepoetess@yahoo.co.uk***Argentine Tango Improvers****Drop-In Class**

8.30pm-9.30pm, £6

Upstairs at the Piper,

1 Norman Rd

*pennythepoetess@yahoo.co.uk***Beginners Vinyasa Flow**

9.30am and 6.30pm

Hot Yoga Hastings,

21 St Peter's Rd, Hastings

*hotyogahastings.co.uk***Slow Flow Yoga (Open Level)**

9.30am-10.30am

Azur Marina Pavilion

*karen@yoga-by-the-sea.co.uk***Silver Swans Ballet Class**

4.00pm-5.30pm

Ore Community Centre, Studio 2

*Annie 07704 711772***Beginners Pointe Class**

5.30pm-6.30pm

Ore Community Centre, Studio 2

*Annie 07704 711772***Alexander Technique****Taster Sessions**

1.30pm-5.00pm

Braybrooke Rd

*livingtenderly@yahoo.co.uk***Kundalini Yoga &****Meditation with Yeli**

7.30pm-9.00pm

Wellington Centre, Hastings

*yeli@happinessholistichealth.uk***Ballet Barre**

7.15pm-8.00pm.

Hastings Old Town

*oldtownyoga.co.uk***Yoga Over 60 – maintaining****movement**

11am-12.30pm

St Leonards Studio @

Azur Marina Pavilion

*zowie@stleonards.studio***Hastings Punk Choir**

7.00pm-8.30pm

Electric Palace, 39A

High St, Hastings

(And generally a drink or two

in the Jenny Lind afterwards.)

**Tuesdays****Ore Youth Club Sessions**

4.30pm-6.00pm

Ore Community Centre

*sarah.adams@freshvisions.org.uk**Bev 07732823800***Slow and Easy Fitness**

9.45-10.45am, £3

Ore Community Centre, 455

Old London Rd TN35 5BH

Exercise for older adults

*07817 144812:**bodymoveshastings.com***The Crown Knitters**

10.30am

The Crown, 64-66 All

Saints St, Hastings

Fortnightly first and

second week of month

A weekly knitting group who

knit lovely things to sell to raise

money for local charities.

*thecrownhastings.co.uk/events***Sew Social with Karen Arthur**

7.00pm-9.00pm, £10,

£5 concessions

Afri-Co-Lab, 3 Marine

Court, St Leonards

A monthly gathering on first

Tuesday of the month for

Global Majority crafters.

*afri-co-lab.org***Baby & Toddler Social Meet Up**

12.00pm-3.00pm

The Common Room, Eagle House,

27-29 Cambridge Rd, Hastings

A welcome space for people

with small people to meet.

*umbrellasussex.org.uk/news***Needle Felt**

11.00am-12.00pm and

1.00pm-2.00pm

Isabel Blackman Centre

One of several classes

covering all topics.

*isabelblackmancentre.co.uk***Online Chair Yoga**

Zoom, 2.00pm-3.00pm

*sueyoga1066@gmail.com***Creative Writing at The Crown**

10.00am-11.30am

The Crown, Hastings, £8

£15 – lots more classes

available for all levels

*Nicky 07938 734871***Life Drawing**

10.00am-12.00pm

Art in the Park, Alexandra Park.

£15 (concessions available)

*info@artsonprescription.org***Classical Guitar Tuition**

Tuesdays, Wednesdays, Fridays

Bexhill, from £15, free

taster sessions

*bexhillclassicalguitar.co.uk***Pilates with Lucy Paffard**

St Leonards, 9.30am

*lucypaffard@gmail.com***Painting Workshop**

1.00pm-3.00pm

Art in the Park, Alexandra Park

£12 (concessions available)

Materials provided.

*Info@artsonprescription.org***Photography Workshop**

6.00pm-8.00pm

Art in the Park, Alexandra Park

£12 (concessions available)

Own camera required.

*Info@artsonprescription.org***Country Dancing**

7.45pm-9.45pm

St Matthew's Church,

London Rd, St Leonards

*hastingscountrydanceclub.org.uk***Vinyasa Flow (Levels 1-2)**

6.00pm-7.00pm

Horntye Sports Centre, Hastings

*karen@yoga-by-the-sea.co.uk***Knitting Yarns:**

5.00pm-6.30pm

Sugar Pie Honey Buns

235 London Rd, St Leonards

*Rachel: 07397794879***Yin Yoga & Relaxation**

7.30pm-8.30pm, £7

Azur Marina

*karen@yoga-by-the-sea.co.uk***Daoist Qi Gong**

9.00am-10.00am

The Azur Pavilion, St Leonards

*andreacorsoQG@yahoo.com***Pilates: with a roller****with Sally Paffard**

9.00am-9.30am, Zoom

*sallypaffard@gmail.com***Pilates with Sally Paffard**

5.30pm-6.30pm

Small class

Westhill Community Centre

*Sally: 07973 530911***Hot Yoga Hastings**

21 St Peter's Rd, Hastings

*hotyogahastings.co.uk*

11.00am-12.00pm

**Yoga at the White Rock**

White Rock Hotel, Hastings

Healing Breath, Yoga Nidra

&amp; Tibetan Bowls, £10.

*myranicol@gmail.com***Silver Swans Ballet Class**

6.30pm-8.00pm

Ore Community Centre, Studio 2

*Annie 07704 711772***Gary Marriott's Tune****up Tuesdays**

5.15pm-6.30pm

Fun Acapella Choir

Hastings Town Centre, £3

*Text 07986911083 for more info***Ashtanga Yoga - Assisted****Self Practice**

07.30am-09.30am, £15

Wellington Health &amp;

Wellbeing Centre

*ashtangayogahastings@gmail.com***Salsa Tuesdays with****Phyre Dance**

The Piper, Norman

Rd, St Leonards

Times vary see Facebook page.

From beginners to social

dancing and practice.

*@facebook.com/**events/576448847887517***Wednesdays****Hatha Yoga for You**

2.00pm-3.00pm

Sunroom, Azur, Marina Pavilion,

44-37 Marina, St Leonards

*Louise@stleonards.studio***Mystical Yoga at The****Bale House**

5.45-7.00pm, £10

Hastings Country Park, Lower

Coastguard Lane, Fairlight,

Hastings, TN354AD

*enchantedmalas@gmail.com***Elemental Yoga with Catherine**

10.30am. Class Cost: £7

The Azur Pavilion

*catherineburnett12@gmail.com***Laughter Yoga with Bev**

6.30pm-7.30pm

Upstairs, Jenny Lind

*bevjones@laughyourself**tohealth.com***Wellbeing Wednesday**

11.00am-2.00pm

Art in the Park, Alexandra Park

*info@artsonprescription.org***Buddhist Meditation and****Dharma Teaching**

7.00pm-9.00pm

In person and via Zoom.

*hastingsbuddhistgroup.co.uk***Yoga on the Harbour Arm**

(outdoors) 5.30pm-6.30pm

*oldtownyoga.co.uk***Kundalini Yoga and****Meditation Class**

7.30pm-8.45pm

The Ballroom, Bank Hotel &amp;

Bistro, St Leonards, £10.

*soulpowerkundaliniyoga.co.uk***Relaxation: Zoom class with****Pilates teacher Sally Paffard**

8.00pm-9.00pm, £4

*sallypaffard@gmail.com***Spanish – Adult Beginners**

10.00am-12.00pm

First Floor, 7 Cambridge

Rd, Hastings

£15 – lots more classes

available for all levels

*Espanoles en Hastings FB page**spanishonseaschool@gmail.com***Argentine Tango Social Dance**

8.00pm-11.00pm

White Rock Hotel,

Downstairs Bar

A friendly social tango for those

already dancing tango with

music from tango's golden age.

£5 dancers, £2 non-dancers

*pennythepoetess@yahoo.co.uk***Qigong with Sigrid**

5.30-6.30pm

Community Hall of Greek

Orthodox Church, St Leonards



## LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

## &lt; Continued from page 13

Castledown School, Priory Rd  
A friendly non-auditioning  
community choir.

Free taster sessions.  
[hastingsownsingers.co.uk](http://hastingsownsingers.co.uk)

**Adult Art Club**

1.00pm-3.00pm

Art in the Park, Alexandra Park,  
£12 (concessions available).

[info@artsonprescription.org](mailto:info@artsonprescription.org)

**Yoga at Hastings Contemporary**

9.50am-10.50am

[oldtownyoga.co.uk](http://oldtownyoga.co.uk)

**Move It or Lose It!**

10.00am-11.00am

The Hastings Centre

Friendly, low impact exercise for  
older adults. Improves strength  
and balance. Seated or standing.

£6 per class. First class free.

[lucy.jenner@moveitorloseit.co.uk](mailto:lucy.jenner@moveitorloseit.co.uk)

**Yoga on the Harbour Arm**

5.15pm-6.15pm (outdoors)

[oldtownyoga.co.uk](http://oldtownyoga.co.uk)

**Online Vinyasa Flow**

with Elena Voce

12.45pm-1.30pm

Classes for all levels.

Pay-what-you-can

[yogawithelenavoce.co.uk](http://yogawithelenavoce.co.uk)

**Vinyasa Flow**

9.30am-10.30am

Azur Marina Pavilion

[karen@yoga-by-the-sea.co.uk](mailto:karen@yoga-by-the-sea.co.uk)

**Kundalini Yoga &**

**Meditation with Yeli**

6.00pm-7.30pm

Wellington Centre, Hastings

[yeli@happinessholistichealth.uk](mailto:yeli@happinessholistichealth.uk)

**Mandala Vinyasa**

**Flow (Advanced)**

Hot Yoga Hastings,

21 St Peter's Rd, Hastings, 6.30pm

[hotyogahastings.co.uk](http://hotyogahastings.co.uk)

**Iyengar Yoga for**

**Beginners**

8.00pm-9.00pm

Arthur Easton Centre,

St Leonards

Mats, blocks, ropes and barre

work. Pay as you are able.

[myranicol@gmail.com](mailto:myranicol@gmail.com)

**Pilates (beginners)**

3.00pm-4.00pm

Isabel Blackman Centre,

Winding St.

One of several classes

covering all topics.

[isabelblackmancentre.co.uk](http://isabelblackmancentre.co.uk)

**Ashtanga Yoga – Assisted**

**Self Practice**

07.15am-09.15am, £15

Wellington Health &

Wellbeing Centre

[ashtangayogahastings@gmail.com](mailto:ashtangayogahastings@gmail.com)

**HESNHS Walking Group**

Walk 4-6 miles with this friendly

natural history walking group.

Picnic or pub lunch options.

[hastingsnaturalhistory.org](http://hastingsnaturalhistory.org)

Andrew: [ajw.hesnhs@btinternet.net](mailto:ajw.hesnhs@btinternet.net).

com, 07597 003407

**Fridays****Broomgrove Youth**

**Club Sessions**

5.30-7.00pm

Broomgrove Community Centre

[sarah.adams@freshvisions.org.uk](mailto:sarah.adams@freshvisions.org.uk)

Bev 07732823800

**Funky Friday 5 Rhythms**

7.00-8.30pm

Concordia Hall, Church

Road, St Leonards

**Feel better with**

**Therapeutic Movements**

9.30-10.30am

Salvation Army Hall, St

Andrew's Sq, Hastings

Suitable for all ages.

[Sigrid:qigongsigrid@gmail.com](mailto:Sigrid:qigongsigrid@gmail.com)

**Elements Yoga, Wash**

**Away The Week**

5.30-6.30pm, £6.50

Arthur Easton Centre at

St Michael's Hospice

[hello.elementsyoga@gmail.com](mailto:hello.elementsyoga@gmail.com)

**Breathe + Stretch with**

**Karen Arthur**

7.30am-8.20am, £10,

£5 concessions

Afri-Co-Lab, 3 Marine

Court, St Leonards

Greet the day and start

the weekend energised

and refreshed.

[afri-co-lab.org](http://afri-co-lab.org)

**Traditional Yoga**

Horntye Club Room,

Horntye Sports Centre

9.30am-10.40am, £10

For the yoga enthusiast

**Yin Yoga**

11.30pm-12.30pm, £7

All abilities.

[ninayoga.co.uk](http://ninayoga.co.uk)

**Yoga on the Harbour Arm**

(outdoors), 9.00am-10.00am

[oldtownyoga.co.uk](http://oldtownyoga.co.uk)

**Pilates: mixed ability**

**with Sally Paffard**

Zoom, 9.00am-10.00am

[sallypaffard@gmail.com](mailto:sallypaffard@gmail.com)

**Beginners Creative**

**Writing Group**

6.15pm-7.15pm

The Clifton Centre

**Mindful Yoga – An**

**introspective practice**

10.30am-12.30pm

**Chair Yoga – A**

**supported approach**

2.30pm-3.30pm

St Leonards Studio @

Azur Marina Pavilion

[zowie@stleonards.studio](mailto:zowie@stleonards.studio)

**Gong Bath sessions**

11am Unitarian Church,

7a South Terrace

Text Karen Hayler: 07986 911083

**Senior Strength**

3.00pm-3.45pm

Isabel Blackman Centre,

Winding St.

One of several classes

covering all topics.

[isabelblackmancentre.co.uk](http://isabelblackmancentre.co.uk)

**Saturdays****Chess Club**

2.00pm-4.00pm

The Common Room, Eagle House,

27-29 Cambridge Rd, Hastings

An amateur club for

amateur players

[umbrellasussex.org.uk/news](http://umbrellasussex.org.uk/news)

**Zoom Hatha Yoga**

9.00am-10.00am (online only)

Pranayama, practice and

relaxation, video available.

[Louiselovesyoga@gmail.com](mailto:Louiselovesyoga@gmail.com)

**Meditation and Breathwork**

**with Jung-ui**

10.45am-11.45am

The Stables Theatre, Hastings

[jung-ui.co.uk](http://jung-ui.co.uk)

**Yoga at Hastings Contemporary**

9.50am-10.50am

[oldtownyoga.co.uk](http://oldtownyoga.co.uk)

**Strong Yoga with Lucy**

Morning Yoga via Zoom

10.00am-11.15am

[lamiles@hotmail.co.uk](mailto:lamiles@hotmail.co.uk)

**Hot Yoga Hastings,**

21 St Peter's Rd, Hastings

Book: [hotyogahastings.co.uk](http://hotyogahastings.co.uk)

**Gong Bath sessions**

Weekly starting 1 April, 2pm

4 Courts Wellbeing Centre

off Sydney Close

Text Karen Hayler: 07986 911083

**Antenatal Taster Class**

10.00am

64-66 All Saints St, Hastings

Free Saturday every month.

Free taster sessions to

learn about antenatal and

hypnobirthing with Siobhan

from The Mothership Antenatal.

[themothershipantenatal.co.uk](http://themothershipantenatal.co.uk)

**Sundays****Yin Yoga**

21 St Peter's Rd, Hastings. 3.00pm

[hotyogahastings.co.uk](http://hotyogahastings.co.uk)

**Historical Dance Group**

**Regency Dance Workshop**

2pm-4.45pm, monthly

St Peter and St Paul's Church Hall

[dianadancer@btinternet.com](mailto:dianadancer@btinternet.com)

**"Streetsketchers" /**

**"plein air" group**

First Wednesday of each month

4.00pm start: South side,

The Stade open space

6.00pm reconvene: East Hastings

Angling Club, The Stade for

refreshments and discussion

[meetup.com/south-coast-skyers](http://meetup.com/south-coast-skyers)

**Sunday Brunch-time**

**Kid's Art Club**

10.00am-12.00pm, £5, Drop-

in or stay full 2 hours

Outside the Smokeshack,

St Andrew's Mews,

Waldegrave Rd, Hastings

Join Artist and Arts Educator

Charlotte CHW for different

creative projects every

week at the revamped St

Andrew's Mews. 5-10 yrs.

[c.hwatts.art@gmail.com](mailto:c.hwatts.art@gmail.com)

COMING SOON...

**WHITE ROCK**  
HASTINGS

THU 21 SEPTEMBER

**SWAN LAKE**

PRESENTED BY CROWN BALLET &amp; MUSIC BY TCHAIKOVSKY



FRI 1 SEPTEMBER

**THE KING'S VOICE**

GORDON HENDRICKS AS ELVIS



SAT 2 SEPTEMBER

**WHAT'S LOVE GOT TO DO WITH IT?**

A TRIBUTE TO TINA TURNER



SUN 3 SEPTEMBER

**THE ILLEGAL EAGLES**

TUE 12 SEPTEMBER

**THE SERIAL KILLER NEXT DOOR**

FRI 22 SEPTEMBER

**THE ULTIMATE BOYBAND PARTY SHOW**

SAT 23 SEPTEMBER

**UK PINK FLOYD EXPERIENCE**[whiterocktheatre.org.uk](http://whiterocktheatre.org.uk)

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