



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@hastingsindependentpress.co.uk

MUSIC

Friday 22 September

The Ultimate Boy Band Party Show
White Rock Theatre, 7.30pm
McNiff's Folk Sundowner
The Jenny Lind, High St, 5.00pm
Rowsie + Freddie & the Scenarios + Holly Henderson
The Pig, White Rock, 7.30pm
The Hastingsers
Pisarro's, South Terrace, 8.30pm

Saturday 23 September

UK Pink Floyd Experience
White Rock Theatre, 7.30pm
Hastings Roots All Dayer: Mad professor + Dub Pistols + The Marley Experience + Beatles Dub Club + Ras Katyleb
Hastings Pier, 3.00pm
Seafront Session: Danny Horn
The Albion, George St, 4.00pm
Fire in the Meadow
The Jenny Lind, High St, 6.00pm
Project Gemini
The Piper, Norman Rd, 8.00pm
Hastings Northern Soul Club: DJs Tara T, Anton Ludwig, Tiki Steve + Lou Vincent
The Pig, White Rock, 8.00pm
Andy T King as Elvis
East Hastings Sea Angling Association, The Stade, 8.45pm
The Time Machine
The Brass, Havelock St, 10.00pm

Sunday 24 September

Keith Goodall
East Hastings Sea Angling Association, The Stade, 2.00pm
Tom Cole's Sunday Sounds at the Brickmakers with Guest Al Orbit
The Brickmaker's Alehouse, Sea Rd, Bexhill, 5.00pm
Elisha Edwards
The Albion, George St, 7.00pm

Tuesday 26 September

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

Wednesday 27 September

Simon&The Pope: Avant Bavard
Kino-Teatr, Norman Rd, 6.00pm
Open Mic with James & Jules
Tin Tins, Robertson St, 8.00pm
Medicine Wagon
The Seadog, Station Rd, 7.30pm

Thursday 28 September

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

Live Jazz: The Jazz Organisation plus Special Guest Bjorn Dahlberg (Sax/Clarinet)
The NUR, Robertson St, 8.00pm
Shanty Night with Completely Scuppered
The Jenny Lind, High St, 8.30pm

Friday 29 September

Swansea Sound + I Am Her
The Piper, Norman Rd, 8.00pm
Thank You For The Music: Abba Tribute
White Rock Theatre, 7.30pm
McNiff's Folk Sundowner
The Jenny Lind, High St, 5.00pm
Human Leather + Wytch Pycknyck + Sexton Ming's Porridge Van
The Pig, White Rock, 7.30pm
The Spirit in the Dust: Afrit Nebula with Yumino Seki and Mark French
Kino-Teatr, Norman Rd, 7.30pm
Under the Radar: Calzy + Clean Shirt + Charlie House
The Brass, Havelock St, 7.30pm
Howling Grooves
Pisarro's, South Terrace, 8.30pm

Saturday 30 September

Showaddywaddy
White Rock Theatre, 7.30pm
Ash Vs the Subways
De La Warr, Bexhill, 7.00pm
POTL Weekender: Daemonik Fonce + Thee Headshrinkers
The Jenny Lind, High St, 6.00pm
The Ichi Bons
The Piper, Norman Rd, 7.00pm
Ritchie Lee
East Hastings Sea Angling Association, The Stade, 8.45pm

Sunday 1 October

Bold Reilly
The Stag, All Saints St, 5.00pm
Vinyl Night
The Jenny Lind, High St, 7.00pm
POTL Weekender: X-Ray Cat Trio
The Jenny Lind, High St, 9.00pm

Monday 2 October

Just Landed
The Jenny Lind, High St, 7.00pm

Tuesday 3 October

Jazz Hastings: Ivo Neame Quartet
East Hastings Sea Angling Association, The Stade, 7.45pm
Traditional Folk Session
The Stag, All Saints St, 8.30pm

Wednesday 4 October

Eddi Reader
De La Warr, Bexhill, 7.00pm
Dave Sharp (The Alarm)
The Jenny Lind, High St, 8.00pm
Open Mic with James & Jules
Tin Tins, Robertson Street, 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, 9.00pm

Thursday 5 October

Live Jazz: The Jazz Organisation plus Special Guest Stuart Jackaman (Guitar)
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

Friday 22 September

Delia Derbyshire: The Myths and Then Legendary Tapes
(Summer Music Season presented by David Quantick with Director's Q&A with Caroline Catz)
Electric Palace, High St, 7.30pm
The Old Oak (screening in aid of the Refugee Buddy Project)
Kino-Teatr, Norman Rd, 7.30pm

Saturday 23 September

Grease - Sing Along Film Night & Disco
Black Box, George St, 7.00pm
Women Talking
Electric Palace, High St, 7.30pm

Sunday 24 September

Spellbound, 11.00am
The Thing That Couldn't Die (B Movie Fan Club), 7.30pm
Electric Palace, High St

Thursday 28 September

The Silent Twins
Electric Palace, High St, 11.00am, 7.30pm

Friday 29 September

A Film About Studio Electrophonique (+Short Film by Ore Synthesiser Club)
Electric Palace, High St, 7.30pm

Saturday 30 September

My Extinction
Electric Palace, High St, 7.30pm

Sunday 1 October

Exhibition on Screen: Young Picasso
Electric Palace, High St, 11.00am

Tuesday 3 October

Punch
(+ Q&A from the Institute of Contemporary Arts)
Electric Palace, High St, 7.30pm

Continued on page 12>



LISTINGS

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

< Continued from page 11

Wednesday 4 October
Passages

Kino-Teatr, Norman Rd, 7.30pm

Thursday 5 October**War Pony**Electric Palace, High St,
11.00am, 7.30pm**Sussex Exchange**Queensway – for film listings go to:
cinema.thesussexexchange.co.uk**Odeon Hastings**Queens Road - for film listings go to:
odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 22 September**Lovesong**Stables Theatre, The
Bourne, 7.30pm**Saturday 23 September****Macbeth**The Bowler Crab Company
Art in the Park, Alexandra
Park, 3.00pm**A Night of Flamenco**

Kino-Teatr, Norman Rd, 7.30pm

Organ Concert – Stephen Page
(in aid of Christian Aid)Church of St John The Evangelist,
Hollington, 3.00pm**Sunday 24 September****Hastings Philharmonic****Orchestra – Flute and Harp Duo**Christ Church, Silchester
Rd, 6.00pm**Hastings Chamber Music Festival**

Kino-Teatr, Norman Rd, 3.00pm

Second Hand Stories by the SeaStables Theatre, The
Bourne, 5.00pm**Monday 25 September****The Show Might Go On**Stables Theatre, The
Bourne, 7.00pm**Wednesday 27 September****Bavard Bar**

Kino-Teatr, Norman Rd, 7.30pm

A Tribute to Stéphane**Grapelli and Dudley Moore**Stables Theatre, The
Bourne, 7.30pm**Tim Vine – Breeep!**

White Rock Theatre, 7.30pm

Thursday 28 September**A Little Life**

Kino-Teatr, Norman Rd, 7.00pm

Falstaff – Adapted from
the Novel by Robert NyeStables Theatre, The
Bourne, 7.30pm**Friday 29 September****Tango by Casa Tango**(+ Argentinian BBQ - in aid of RNLI)
Cumbia Kitchen, Marina, 7.00pm**Ruffles (Cabaret/Drag)**Forbidden Fruit, Grand
Parade, 9.30pm**Spirit in the Dust**(Yumino Seki dance performance
with music by Afrit Nebula)

Kino-Teatr, Norman Rd, 7.30pm

Saturday 30 September**Davina Sparkle (Cabaret/Drag)**Forbidden Fruit, Grand
Parade, 9.30pm**Wednesday 4 October****The Pilgrim Plays**Stables Theatre, The
Bourne, 7.30pm**Thursday 5 October****The Royal Opera Live Cinema****Season – L'Elisir d'Amore**

Kino-Teatr, Norman Rd, 7.15pm

The Pilgrim PlaysStables Theatre, The
Bourne, 7.30pm

ART

Coastal Currents Arts Festival
runs throughout September
– for full events programme
go to coastalcurrents.org.uk**Abandoned Beauty**2 October until 28
November 2023

Stables Theatre Gallery, The Bourne

Abraham Osorio & The**Young Creatives Collective**

Until 30 September 2023

Rooftop Foyer, De La

Warr Pavilion, Bexhill

A Moment in Time

Until 30 September 2023

Stables Theatre Gallery,

The Bourne

Artists in Residence:**The Two Ians**

Until 30 September 2023

St Andrews Mews, Waldegrave St

Cerebellum: Excappare**Exhibition with Live****Performances**

7 October until 3 November

Hélio Oiticica – Waiting**for the Internal Sun**

23 September until

14 January 2024

De La Warr Pavilion, Bexhill

InHarmsWay

Mark Walter, Wolfgang

Dubieniec & Oli Spleen

22-24 September

The Electro Studios Landing

Gallery, Seaside Rd, St Leonards

Matthew Radford: Succession

Until 19 October 2023

Kino-Teatr Gallery, Norman Rd

Michelle Mildenhall – KINKY

Until 31 October 2023

Seed, George St

Oneiropraxis

30 September until

29 October 2023

Hastings Museum and Art

Gallery, Bohemia Rd

PhotoHastings in Residence

Until 31 October 2023

St Andrews Mews, Waldegrave St

Portraits of the Dove Café

Until 23 September 2023

Hastings Museum and Art

Gallery, Bohemia Rd

Paul Sayers and Helen**Savage – Plastic Confetti**

Until 1 October 2023

Hastings Arts Forum, Marine Court

Re-Imagined – New**Concepts for the De La****Warr Pavilion Bandstand**

Until 30 September 2023

North Staircase, De La Warr, Bexhill

Steven Linard – Total**Fashion Victim**

Until 8 October 2023

Rogue Gallery, Norman Rd

Stored Out of Sight

Until 16 December 2023

Hastings Museum and Art

Gallery, Bohemia Rd

Tschabalala Self: Seated

Until 29 October 2023

De La Warr Pavilion Lawn, Bexhill

Yun Hyong-Keun

Until 1 October 2023

Hastings Contemporary, The Stade

SPORT

Saturday 23 September**Football:** Hastings United

v Potters Bar Town –

Isthmian Premier League

Dripping Pan, Lewes 7.45pm

Hockey: South Saxons

Men v Gore Court

Horntye Park 12.00 noon

Sunday 24 September**Football:** Hastings

United Women v Dartford

Reserves – London & South

East Regional League

Pilot Field 2.00pm

Tuesday 26 September**Football:** Lewes v Hastings

United – Isthmian Premier League

Dripping Pan, Lewes 7.45pm

An opportunity for travelling

supporters to indulge in local

rivalry, though the evening

kick-off may reduce numbers.

Wednesday 27 September**Football:** Hastings United

Women v Bexhill United – London

& South East Regional League

Pilot Field 7.45pm

Saturday 30 September**Tennis:** Hastings mixed

doubles championships

The Green courts from 2.00pm

Rugby: Hastings & Bexhill v

Old Alleynians II – London &

SE Division, Kent League 3

Ark Alexandra, time tbc

Sunday 1 October**Tennis:** Hastings mixed

doubles championships (cont)

Amherst courts from 2.00pm

EVENTS

Autumn Programme**Spun Glass Theatre-****Mini Playhouse**

26 White Rock

Creative workshops for parents

and toddlers 19 months - 3 years!

Enjoy fun, supportive, artistic

sessions every week by the award-

winning Spun Glass Theatre.

*Full programme: [spunglasstheatre.](http://spunglasstheatre.com/mini-playhouse-hastings)**com/mini-playhouse-hastings***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-](http://volunteer-south-east/east-sussex-healthy-walks)**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***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***Every Tuesday****Writers Workshop**

Ten weeks from 19 September,

£180 10.00am-11.30am

Electric Palace, High St, Hastings

Each session, a discussion of

writing craft and technique,

while writing exercises and

suggested reading materials

are provided every week.

*[hastingswritersworkshop.](http://hastingswritersworkshop.com/writersworkshops)**com/writersworkshops***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***5IVE 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***Rhymetime at Hastings Library**

11.00am, free

Hastings Library, Brassey

Institute, 13 Claremont,

Babies, toddlers and parents

or carers can have fun singing,

playing musical instruments

and learning rhymes.

*0345 608 0196***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 Road

A library of things to be

borrowed, used and returned.

Tools, kitchen items, jigsaw

puzzles and lots more.

*hastingslibraryofthings.co.uk***Every Wednesday****Writers Workshop**

Ten weeks from 20 September,

£180 6.30pm-8.00pm-11.30

Electric Palace, High St, Hastings

Each session, a discussion of

writing craft and technique,

and a workshopping session,

while writing exercises and

suggested reading materials

are provided every week.

*[hastingswritersworkshop.](http://hastingswritersworkshop.com/writersworkshops)**com/writersworkshops***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 Thursday**English Conversation group**

10:

**Crossword Solution No 235:****Across:** 1. (S)Pur is t(o) 3. Dimple (anagram) 4. Nugget (anagram) **Down:** 1. ParDon 2. Talent (anagram)

LISTINGS

Fixing Friday

12.00pm-4.00pm
The Common Room, 27-29 Cambridge Road
Bring your small items for repair. If in doubt, bring it along!
makeandmendbexhillandbeyond.org.uk

Wednesday 27 September

Sussex Crime Writers Evening
7.00pm Hastings Library, Brassey Institute, 13 Claremont, Hastings
To celebrate local crime writers, a Sussex Crime Writers evening in the presence of Sheila Bugler, Merryn Allingham, William Shaw and Chris Curran.
0345 608 0196

Thursday 28 September

Ukrainian Stories to Share
2:30pm Ukraine Reading Friends Hastings Library - a group to celebrate Ukraine's rich literary heritage - translated into English. Hastings Library, Brassey Institute, Hastings
0345 608 0196

Friday to Tuesday 29 Sept to 3 Oct

'Silver' Mirror Exhibition
Friday: 1.00pm-6pm
Saturday: 11.00am-5.00pm
Other: 12.00pm-4.00pm
Observer Building, Cambridge Rd, Hastings
Local decorative mirror and glass designer Alison Purdy is celebrating 25 years in business this month with an exhibition and pop-up shop.
purdyshop.com

Saturday 30 September
Bona Polari - A Workshop with Lee Campbell

10:30am Hastings Library, Brassey Institute, Hastings
In memory of Tony Morvay. 'Bona Polari' is gay slang, meaning 'good chat'. At this workshop participants will be invited to learn about and write their own Polari.
0345 608 0196

Sunday 1 October

Vintage Kilo Sale
10.00am, £2-3
East Sussex College, Hastings
Saturday 7 October
eventbrite.co.uk
The Big Community Fayre
Art in the Park Community Hub, Alexandra Park
FREE Spaces available for stall holders.
info@artsonprescription.org

Friday 6 October

Edith Festival
1.00pm-5.00pm

Durbar Hall, Hastings Museum & Art Gallery
Further events 7 and 8 October.
FriendsOfEdith.org.uk

CLASSES

Mondays

Overeaters Anonymous
7.30-8.30
Clifton Centre, 1-2 Stainsby St, St Leonards
oagb.org.uk

Slow and Easy Fitness
11.30-12.30pm, £3
Bewellfit, at Clifton Road & 9, The Ridge
Exercise for older adults
07817 144812:
bodymoveshastings.com

Drum Club
4.15pm-5.15pm, £6.50
West Hill Community Centre
For 15-16 year olds, booking essential.
juliansambadrum@gmail.com

Art Classes, including Life Drawing
10.00am-12.15pm and 12.45pm-3.00pm
Ore Community Centre, 455 Old London Rd, Hastings
£10.50 per session
sjflack.art

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.
afri-co-lab.org

Chair Yogo
3.00pm-4.00pm
Isabel Blackman Centre, Winding Street
One of several classes covering all topics.
isabelblackmancentre.co.uk
Art Class for Adults
10am-12.15pm & 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 Square, 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

French for beginners
11.00am-12.00 noon
The Cottage, 7 The Alley TN34 1HB
+ Conversation at the Common Room, Eagle House, Robertson St,
George: 07835808318
Ore Youth Club Sessions
4.30pm-6.00pm
Ore Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800
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 conc
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, Winding Street
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
Mini-Da Vinci Art School
10.00am-12.00pm
Art in the Park Community Hub, Alexandra Park
Pre-school/ home-schoolers art activities
£6.50 (adults free)
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 £12 (concessions available)
Art in the Park, Alexandra Park
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
andreaorsoQG@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
Westhill Community Centre
Sally: 07973 530911
Hot Yoga Hastings
21 St, Peter's Rd, Hastings
hotyogahastings.co.uk
Yoga at the White Rock
11.00am-12.00pm
White Rock Hotel, Hastings
Healing Breath, Yoga Nidra & 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 & 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

St Leonards Junior Chess
From 5.00pm St Nicholas Centre, London Road
A social club for children who play chess.
andrewjmcgettigan@gmail.com / 07910 245 40
Slow and Easy Fitness
10.30am-11.30am, £3
Ore Community Centre, 455 Old London Road TN35 5BH
Exercise for older adults
07817 144812:
bodymoveshastings.com
Yogo with Marjolyn
6.00pm-7.00pm
Azur, Marina Pavilion, 44-37 Marina
07929577985
Hatha Yoga for You
2.00pm-3.00pm

Continued on page 14>



LISTINGS

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

< Continued from page 13

Sunroom, Azur, Marina Pavilion, 44-37 Marina
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@laughyourselftohealth.com
Wellbeing Wednesdays
 10.00am-3.00pm, (pay as you can) Art in the Park Community Hub, Alexandra Park
info@artsonprescription.org
Roots of Return
 Women's Wellbeing Circle
 7.30pm-9.00pm (pay as you can)
 Art in the Park Community Hub, 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 & 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
 Suitable for all ages.
Sigrid: qigongsigrid@gmail.com
Adult Tap Class for Beginners
 6.15pm-7.00pm

7 Mercatoria, St Leonards
kimhavaland@gmail.com
Therapeutic Yoga
 12.30pm-1.30pm
 Hastings Centre, The Ridge, Hastings TN34 2SA
 £7 – All abilities welcome
ninayoga.co.uk
Legs Bums & Tums
 1.00pm-1.45pm
 Isabel Blackman Centre, Winding St. One of several classes covering all topics.
isabelblackmancentre.co.uk
The Class Choir
 7.00pm-9.00pm The Unitarian Church, South Terrace, Hastings
 Friendly, Fun Uplifting Women's choir. Free taster sessions, no music reading or auditions.
theclasschoir@gmail.com
"streetsketchers" / "plein air" group
 First Wednesday of each month
 9.00am start: Outside Hastings Contemporary Gallery
 11.00am reconvene: Eat@TheStade for refreshments and discussion
meetup.com/south-coast-skyers

Thursdays
Tilekiln Youth Club Sessions
 5.30-7.00pm
 Tilekiln Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800
Co-working social media Sessions
 10.00am The Crown, 64-66 All Saints St, Hastings
 Free group working sessions for creative business owners and freelancers designed to help you spend focused, productive time creating and sharing content.
Insta: @brassbeemarketing, catherine@brassbeemarketing.com
Yoga with Marjolyn
 3.00pm-4.00pm
 Azur, Marina Pavilion, 44-37 Marina
 07929577985
Tai Chi for Health and Relaxation
 10.30am-11.30am, £5
 St John's Parish Hall, Brittany Rd
 Stuart 07961 949715
Nature Walks with HESNHS
 Times and venues vary.
hastingsnaturalhistory.org
Meditation and Breathwork with Jung-ui
 7.30pm-8.30pm, £55
 West Hill Community Centre
 A four-week course.
jung-ui.co.uk
Teens Art Club
 4.00pm-6.00pm
 Art in the Park, Alexandra Park
info@artsonprescription.org
Hastings Town Singers
 7.00pm-9.00pm

Castledown School, Priory Road
 A friendly non-auditioning community choir. Free taster sessions.
hastingsownsingers.co.uk
Life drawing (Adults only)
 10.30am-12.30pm, £10
 Art in the Park Community Hub, Alexandra Park
info@artsonprescription.org
Earth:Art Wrokshop
 6.00pm-8.00pm, £10
 Art in the Park Community Hub, Alexandra Park
 Explore a wide range of earth-friendly creative processes and techniques with Georgina Fox.
info@artsonprescription.org
Yoga at Hastings Contemporary
 9.50am-10.50am
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
Yoga on the Harbour Arm
 5.15pm-6.15pm (outdoors)
oldtownyoga.co.uk
Online Vinyasa Flow with Elena Voce
 12.45pm-1.30pm
 Classes for all levels.
 Pay-what-you-can
yogawithelenavoce.co.uk
Vinyasa Flow
 9.30am-10.30am
 Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk
Kundalini Yoga & Meditation with Yeli
 6.00pm-7.30pm
 Wellington Centre, Hastings
yeli@happinessholistichealth.uk
Mandala Vinyasa Flow (Advanced)
 Hot Yoga Hastings, 21 St, Peter's Rd, Hastings, 6.30pm
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
Pilates (beginners)
 3.00pm-4.00pm
 Isabel Blackman Centre, Winding St. One of several classes covering all topics.
isabelblackmancentre.co.uk
Ashtanga Yoga – Assisted Self Practice
 07.15am-09.15am, £15
 Wellington Health & Wellbeing Centre
ashtangayogahastings@gmail.com
HESNHS Walking Group
 Walk 4-6 miles with this friendly natural history walking group.
 Picnic or pub lunch options.

hastingsnaturalhistory.org
Andrew: qjw.hesnhs@btinternet.com, 07597 003407

Fridays

Broomgrove Youth Club Sessions
 4.30-5.30pm Broomgrove Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800
Feel better with Therapeutic Movements
 9.30-10.30am Salvation Army Hall, St Andrew's Square, Hastings
 Suitable for all ages.
Sigrid: qigongsigrid@gmail.com
Breathe + Stretch with Karen Arthur
 7.30am-8.20am, £10, £5 conc
 Afri-Co-Lab, 3 Marine Court, St Leonards
 Greet the day and start the weekend energised and refreshed.
afri-co-lab.org
Traditional Yoga
 9.30am-10.40am, £10
 Horntye Club Room, Horntye Sports Centre
 For the yoga enthusiast
Yin Yoga
 11.30am-12.30pm, £7
 All abilities.
ninayoga.co.uk
Yoga on the Harbour Arm
 (outdoors), 9.00am-10.00am
oldtownyoga.co.uk
Pilates: mixed ability with Sally Paffard
 Zoom, 9.00am-10.00am
sallypaffard@gmail.com
Beginners Creative Writing Group
 6.15pm-7.15pm
 The Clifton Centre (previously Southwater Community 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
Gong Bath sessions
 11am Unitarian Church, 7a South Terrace
Text Karen Hayler: 07986 911083
Senior Strength
 3.00pm-4.00pm
 Isabel Blackman Centre, Winding St. One of several classes covering all topics.
isabelblackmancentre.co.uk

Saturdays

Saturday Recess Art Club
 10.30am-12.30pm, £6.50 (adults free) Art in the Park Community Hub, Alexandra Park
 creative activities for all budding artists! Ages 10+

info@artsonprescription.org
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
Zoom Hatha Yoga
 9.00am-10.00am (online only)
 Pranayama, practice and relaxation, video available.
Louiselovesyoga@gmail.com
Meditation and Breathwork with Jung-ui
 10.45am-11.45am
 The Stables Theatre, Hastings
jung-ui.co.uk
Yoga at Hastings Contemporary
 9.50am-10.50am
oldtownyoga.co.uk
Strong Yoga with Lucy
 Morning Yoga via Zoom
 10.00am-11.15am
lamiles@hotmail.co.uk
Hot Yoga Hastings,
 21 St, Peter's Rd, Hastings
Book: 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
 First Saturday every month.
 Free taster sessions to learn about antenatal and hypnobirthing with Siobhan from The Mothership Antenatal.
themothershipantenatal.co.uk

Sundays

Yin Yoga
 3.00pm 21 St, Peter's Rd, Hastings.
hotyogahastings.co.uk
Historical Dance Group
Regency Dance Workshop
 2pm-4.45pm, monthly
 St Peter and St, Paul's Church Hall
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
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. 5-10 yrs.
c.hwatts.art@gmail.com