



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 6 October

McNiff's Folk Sundowner
The Jenny Lind, High St, 5.00pm
Ronnie & Robin
The Albion, George St, 8.00pm
Office for Personal Development
The Piper, Norman Rd, 8.00pm
Sister Moose
The Jenny Lind, High St, 8.30pm

Saturday 7 October

Seafront Session:
Andy Twyman
The Albion, George St, 4.00pm
The Fracave: Oh!Gunquit
+ The Dirty Contacts +
Vince Ray's Loser Machine
+ DJs Dunc, Bongo Debbie,
Danny Fuller & Kat
The Pig, White Rock, 6.00pm
Caboose
The Jenny Lind, High St, 6.00pm
Miranda Sex Garden
The Piper, Norman Rd, 7.00pm
The Musicals v Disney Night
The Brass, Havelock St, 10.00pm

Sunday 8 October

Rob Leek
The Albion, George St, 8.00pm

Monday 9 October

Mick Knight's ABC: A
Tribute to Texas Blues
The Jenny Lind, High St, 8.00pm

Tuesday 10 October

Albion Skiffle Company
The Albion, George St, 8.30pm
Lord Jasper – Blues Harp
Whistle Trago, George St, 8.30pm
Traditional Folk Session
The Stag, All Saints St, 8.30pm

Wednesday 11 October

Open Mic with James & Jules
Tin Tins, Robertson St, 8.00pm
Medicine Wagon
The Seadog, Station Rd, 7.30pm

Thursday 12 October

Berth of the Cool: Jazz DJs Ben Thompson + Sean O'Hagan
& John Alfredo Harris
Downstairs at the White Rock Hotel, 7.00pm
Open Mic with James & Meredith
The Pig, White Rock, 8.00pm
Live Jazz: The Jazz Organisation plus Special Guest Daniel McConkey (Sax)
The NUR, Robertson St, 8.00pm
Shanty Night with Completely Scuppered
The Jenny Lind, High St, 8.30pm

Friday 13 October

Glenn Hughes Performs Deep Purple Classics from Burn + The Damn Truth

De La Warr Pavilion, Bexhill, 7.00pm
McNiff's Folk Sundowner
The Jenny Lind, High St, 5.00pm

Saturday 14 October

Toby Barelli & John Nicholls
The Albion, George St, 4.00pm
DJ Dave Reading
The Albion, George St, 7.00pm
Jim Jones All Stars
The Piper, Norman Rd, 8.00pm
Silent Disco
The Brass, Havelock St, 10.00pm

Sunday 15 October

Suedehead Sunday: Host DJ Lee + Guest Selector Beth Oh Oh 7
1200 Postcards, Queens Rd, 3.30pm
The Embers
The Stag, All Saints St, 5.00pm

Tuesday 17 October

The Waterboys
De La Warr Pavilion, Bexhill, 7.00pm
Irish Music Session
The Albion, George St, 8.30pm
Lord Jasper – Blues Harp
Whistle Trago, George St, 8.30pm
Traditional Folk Session
The Stag, All Saints St, 8.30pm

Wednesday 18 October

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

Thursday 19 October

Live Jazz: The Jazz Organisation plus Special Guest Rob Leake (Sax)
The NUR, Robertson St, 8.00pm
Open Mic with James & Meredith
The Pig, White Rock, 8.00pm
Shanty Night with Completely Scuppered
The Jenny Lind, High St, 8.30pm

CINEMA

Friday 6 October

Hitchcock Weekender: My Name is Alfred Hitchcock
Electric Palace, High St, 7.30pm
Passages
Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Saturday 7 October

Wait For Me (+Q&A with Director Keith Farrell)
Electric Palace, High St, 7.30pm
Edith Festival Special Event: Lifeworks (screening and Q&A with Andrew Kotting and Iain Sinclair)
Kino-Teatr, Norman Rd, 7.00pm

Sunday 8 October

Hitchcock Weekender: Rear Window, 11.00am
The Birds, 2.00pm
Electric Palace, High St, 11.00am
Sound of Freedom
Kino-Teatr, Norman Rd, 2.00pm

Wednesday 11 October

Hitchcock Weekender: Everything You Ever Wanted to Know About... Hitchcock but Were Afraid to Ask! (Interactive Course and Talk)
Electric Palace, High St, 7.30pm
Sound of Freedom
Kino-Teatr, Norman Rd, 7.30pm

Thursday 12 October

Barbie
Electric Palace, High St, 11.00am, 7.30pm
The Great Escaper, 3.00pm
Past Lives, 7.30pm
Kino-Teatr, Norman Rd

Friday 13 October

Blacula
Electric Palace, High St, 7.30pm
Stop Making Sense (40th anniversary restoration)
Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Saturday 14 October

The Great Escaper, 3.00pm
Past Lives, 7.30pm
Kino-Teatr, Norman Rd

Sunday 15 October

Barbie
Electric Palace, High St, 11.00am
The Great Escaper
Kino-Teatr, Norman Rd, 12.00pm

Tuesday 17 October

Stud Life (Out On Tuesday event + Director's Q&A with Campbell X)
Electric Palace, High St, 7.30pm

Wednesday 18 October

Billy Billingham MBE – Always a Little Further
De La Warr Pavilion, Bexhill, 7.00pm
The Great Escaper
Kino-Teatr, Norman Rd, 2.00pm

Thursday 19 October

The Nettle Dress, 11.00am
Rudies Come Back:
Documentary of 2 Tone, plus book launch (& Q&A with author Daniel Rachel & DJ Debbie Golt), 7.30pm
Electric Palace, High St
Mrs Brown
Isabel Blackman Centre, 2.00pm
A Haunting in Venice, 3.00pm
The Great Escaper, 7.30pm
Kino-Teatr, Norman Rd

Continued on page 12>



LISTINGS

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< Continued from page 11

Sussex ExchangeQueensway – 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 6 October**Carnaval – An Illustrated Piano Recital**Hailsham Pavilion, George St,
Hailsham, 7.00pm**The Pilgrim Plays**Stables Theatre, The
Bourne, 7.30pm**Oliver! A Hastleons Production**

White Rock Theatre, 7.30pm

Saturday 7 October**The Story of Babar the Elephant – A Children's Concert**Hailsham Pavilion, George St,
Hailsham, 2.30pm**Drag Brunch with Cosmic**Forbidden Fruit, Grand
Parade, 2.00pm**Edith Festival: The Play****and Presentations**

Kino-Teatr, Norman Rd, 12.00noon

The Big Sing (multi-choir concert)St John's Church, Brittany
Rd, 10.30am-9.00pm**The Pilgrim Plays**Stables Theatre, The
Bourne, 7.30pm**Oliver! A Hastleons Production**White Rock Theatre,
2.00pm, 7.30pm**Sunday 8 October****A Celebration of English Song**Hailsham Pavilion, George St,
Hailsham, 2.30pm**Kabarett**Stables Theatre, The
Bourne, 8.00pm**Thursday 12 October****Arsenal Legends – In Conversation**

White Rock Theatre, 7.30pm

Friday 13 October**Noel Fitzpatrick –****Beyond Supervet**

White Rock Theatre, 7.30pm

Liam JosephForbidden Fruit, Grand
Parade, 9.30pm**Saturday 14 October****Cherry Liquor (Drag)**Forbidden Fruit, Grand
Parade, 9.30pm**Steve Backshall: Ocean**

White Rock Theatre, 2.00pm

Sunday 15 October**The Scattering (rehearsed****play reading – FREE)**Stables Theatre, The
Bourne, 4.30pm**Monday 16 October****Phil Okweddy: The Gods Are All Here (Hastings Storytelling Festival)**Sussex Studio, White
Rock Theatre, 7.00pm**Wednesday 18 October****Hastings Philharmonic Orchestra – Beethoven and Brahms**White Rock Theatre, 7.30pm
Thursday 19 October

ART

Abandoned BeautyUntil 28 November 2023
Stables Theatre Gallery,
The Bourne**Abi Stockbridge – Artist in Residence**Until 31 October 2023
St Andrews Mews, Waldegrave St**A Moment in Time:****Burtons' St Leonards**8 October 2023, 3.00pm – 6.00pm
Masonic Hall, East Ascent**Artist in Residence:****The Two Ians**Until December 2023
St Andrews Mews, Waldegrave St**Cerebellum: Excappare**7 October until 7 November 2023
St Andrews Mews,
Waldegrave Rd**Hélio Oiticica – Waiting****for the Internal Sun**Until 14 January 2024
De La Warr Pavilion, Bexhill**Here to There to Here****– Mike Abrahams &****Francesca Giuliano**13 until 22 October
Hastings Art School**Exhibition Space, Priory****Meadow Shopping Centre****Matthew Radford: Succession**

Until 19 October 2023

Kino-Teatr Gallery, Norman Rd

Michelle Mildenhall – KINKY

Until 31 October 2023

Seed, George St

MOTH Affordable**Art Group Show**From 1 October 2023
MOTH Shop, London Rd**Nengi Omuku**7 October until 7 March 2024
Hastings Contemporary,
The Stade**Nicole Zaaroura – I May****Stay a Little While**Until 31 October 2023
St Andrews Mews, Waldegrave St**Oneiropraxis**Until 29 October 2023
Hastings Museum and Art
Gallery, Bohemia Rd**PhotoHastings in Residence**

Until 31 October 2023

St Andrews Mews, Waldegrave St

Roland Hicks – The Fourth Wall

7 October until 3 March 2024

Hastings Contemporary,

The Stade

Sasha Leech – Towns and Cities

16 until 29 October

Hastings Arts Forum,

Marine Court

Sir Quentin Blake – Ink

7 October until 12

November 2023

Hastings Contemporary,

The Stade

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

Take Away Art – An**Exhibition of Affordable****Art by Sexton Ming**

6 October 2023, 7.00pm

1200 Postcards, Queens Rd

The Disobedient of the Third**Age - Louise Whitham & Patti****Webb Photographic Exhibition**

Until 15 October 2023

Hastings Arts Forum,

Marine Court

The Minds of Geraldine Swayne

Until 21 October 2023

Project 78 Gallery, Norman Rd

Tschabalala Self: Seated

Until 29 October 2023

De La Warr Pavilion

Lawn, Bexhill

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.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-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***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,

and a workshopping session,

while writing exercises and

suggested reading materials

are provided every week.

*hastingswritersworkshop.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,

while writing exercises and

suggested reading materials

are provided every week.

*hastingswritersworkshop.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**

10:00

Hastings Library, Brassey

Institute, 13 Claremont

To help international adults

improve their spoken English.

0345 608 0196

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***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

CLASSES

Mondays**Overeaters Anonymous**

7.30-8.30

Clifton Centre, 1-2 Stainsby

St, St Leonards31

*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

**Crossword Solution No 236:****Across:** 1. Trunks 3. PoeTry 4. CarTed **Down:** 1. Tropic (anagram) 2. (Thi)S way ed(itor)

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LISTINGS

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 Yoga**

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.

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.
thechapelofchriststillness.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-12.00noon
The Cottage, 7 The
Alley, TN34 1HB
+ Conversations 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 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,
Winding St.

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

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
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

11.00am-12.00pm
21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Yoga at the White Rock

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*

Yoga with Marjolyn

6.00pm-7.00pm
Azur, Marina Pavilion,
44-37 Marina
07929577985

Hatha Yoga for You

2.00pm-3.00pm
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

Wellbeing Wednesdays

Upstairs, Jenny Lind
*bevjones@laughyourself
tohealth.com*
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

Continued on page 14>



LISTINGS

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< Continued from page 13

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
10am
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: *ajw.hesnhs@btinternet.com*, 07597 003407

Fridays

Broomgrove Youth Club Sessions
4.30-5.30
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 concessions
Afri-Co-Lab, 3 Marine Court, St Leonards
Greet the day and start the weekend energised and refreshed.
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
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
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
themothershipantenatal.co.uk

Sundays

Yin Yoga
21 St Peter's Rd, Hastings. 3.00pm
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 Andrews Mews, Waldegrave Rd, Hastings
Join Artist and Arts Educator Charlotte CHW for different creative projects every week at the revamped St Andrews Mews. 5-10 yrs.
c.hwatts.art@gmail.com

BE THE FIRST IN THE KNOW

The 'HIP List' is at the heart of your local community newspaper. In every issue, four page of events listings give readers the low down on what's happening around the town, from gigs to yoga, cinema to sport, and a whole lot more.

HIP is currently seeking additional volunteers to help compile this go-to guide, in particular people to take charge of music, one-off events, and classes, plus an overall section editor to coordinate and in future expand this vital part of the paper.

Contact us on *info@hastingsindependentpress.co.uk*