



## 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

**20 October 2023**

**McNiff's Folk Sundowner**  
The Jenny Lind, 69 High St, 5:00pm  
**ONE STEP BEYOND:**  
**2Tone, Ska, Punk, Reggae**  
**& Soul - All vinyl DJ's**  
Twelve Hundred Postcards,  
80 Queens Rd, 7:00pm  
**House Band**  
Pisarro's, 9-10 South  
Terrace, 8:30pm

**21 October 2023**

**Saturday Seafront**  
**Session - Erica Lewis**  
**(From New Orleans)**  
The Albion, George St, 4:00pm  
**Dave Valentines Parallel Lines**  
Twelve Hundred Postcards,  
80 Queens Rd, 7:00pm  
**So Far So Good**  
Tin Tins, 21 Robertson St, 7:00pm  
**Snayx**  
The Piper, 1 Norman Rd, 7:30pm

**22 October 2023**

**Jazzy Songs Old and New**  
**with Jude Montague -**  
**plus Mini Jazz Jam**  
Twelve Hundred Postcards,  
80 Queens Rd, 4:00pm  
**Silver Hill**  
The Stag Inn, 14 All  
Saints St, 5:00pm  
**Vinyl Night**  
The Jenny Lind, 69 High St, 7:00pm  
**Blythe Spirit**  
Tin Tins, 21 Robertson St, 8:00pm

**24 October 2023**

**Weekly open folk session**  
The Stag Inn, 14 All  
Saints St, 8:30pm  
**Albion Skiffle Company**  
The Albion, George St, 8:30pm

**25 October 2023**

**Live Music with Ben Maier -**  
**Wing Wednesday Launch Night**  
The Pig, 37 White Rock, 8:00pm

**26 October 2023**

**Helicon**  
The Piper, 1 Norman Rd, 8:00pm  
**Ade's Halloween Karaoke Special**  
Tin Tins, 21 Robertson St, 8:00pm  
**Liz & Rob's Folk and Blues Club**  
The Stag Inn, 14 All  
Saints St, 8:30pm  
**Shanty Night with**  
**Completely Scuppered!!!**  
The Jenny Lind, 69 High St, 8:30pm

**27 October 2023**

**McNiff's Folk Sundowner**  
The Jenny Lind, 69 High St, 5:00pm  
**Samantha Fish**  
De La Warr Pavilion,  
Marina, 7:00pm  
**New Shoes Blues**  
Pisarro's, 9-10 South  
Terrace, 8:30pm

**28 October 2023**

**Saturday Seafront**  
**Session - Just Landed**  
The Albion, George St, 4:00pm  
**Soul II Soul: All The**  
**Classics Live**  
De La Warr Pavilion,  
Marina, 7:00pm  
**Wytch Pycknyck - LP Launch**  
The Albion, George St, 7:00pm  
**Stardust Promotions**  
**Halloween Bash - Hastings**  
**Food Bank Fundraiser**  
The Pig, 37 White Rock, 8:00pm  
**Kirsty & The Wingmen**  
Tin Tins, 21 Robertson St, 8:00pm  
**Laundry Day, Dark Wash**  
**Night: A Halloween Special**  
The Piper, 1 Norman Rd, 9:00pm  
**Hallowe'en '23**  
The Brass, 18 Havelock  
Rd, 10:00pm

**29 October 2023**

**DJ Tracy Dick**  
Twelve Hundred Postcards,  
80 Queens Rd, 3:30pm  
**RX Shantymen's Tom**  
**Kelly - shanty session.**  
**Song sheets provided**  
The Stag Inn, 14 All  
Saints St, 5:00pm  
**Vinyl Night**  
The Jenny Lind, 69 High St, 7:00pm  
**Dr Jules Presents**  
Tin Tins, 21 Robertson St, 8:00pm

**31 October 2023**

**Halloween - Voodoo Fest**  
The Albion, George St, 7:00pm  
**Message From The Ravens**  
**Single Release Party**  
The Brass, 18 Havelock  
Rd, 7:30pm  
**Weekly open folk session**  
The Stag Inn, 14 All  
Saints St, 8:30pm

**1 November 2023**

**Calexico: Feast of Wire 20th**  
**Anniversary+Brian Lopez**  
De La Warr Pavilion,  
Marina, 7:00pm  
**Americana/Bluegrass sessions**  
The Stag Inn, 14 All  
Saints St, 9:00pm

**2 November 2023**

**Stornoway+ Special Guest Yijia**  
De La Warr Pavilion,  
Marina, 7:00pm  
**Michael Pilley (tbn ) &**  
**The Jazz Organisation**  
The NUR, 13 Robertson St, 8:00pm  
**Shanty Night with**  
**Completely Scuppered!!!**  
The Jenny Lind, 69 High St, 8:30pm

## CINEMA

**21 October 2023**

**A Haunting in Venice**  
Kino-Teatr, 43-49 Norman  
Rd, 3pm/7:30pm

**22 October 2023**

**Manon des Sources**  
Electric Palace, 39A  
High St, 11:00am  
**A Haunting in Venice**  
Kino-Teatr, 43-49  
Norman Rd, 2:00pm

**25 October 2023**

**The Old Oak**  
Kino-Teatr, 43-49 Norman  
Rd, 3pm/7:30pm

**26 October 2023**

**The Gleaners and I (Les**  
**Glaneurs et La Glaneuse)**  
Electric Palace, 39A  
High St, 11:00am  
**Scrap**  
Electric Palace, 39A  
High St, 7:30pm

**27 October 2023**

**The Old Oak**  
Kino-Teatr, 43-49 Norman  
Rd, 3pm/7:30pm  
**Family Fridays: Coco**  
**(+craft activities)**  
Electric Palace, 39A  
High St, 4:00pm  
**Dear Future Film Festival:**  
**Lost + Found: Turning the**  
**Stones (Live Music & Film)**  
Electric Palace, 39A  
High St, 7:30pm

**28 October 2023**

**Dear Future Film Festival:**  
**A Year in a Field + The**  
**Marks We Leave**  
Electric Palace, 39A  
High St, 7:30pm

**29 October 2023**

**Finding Vivian Maier + short**  
**film Travels from Home**  
Electric Palace, 39A  
High St, 11:00am  
**Strange Way of Life**  
Kino-Teatr, 43-49  
Norman Rd, 2:00pm  
**Dracula A.D.1972**  
Electric Palace, 39A  
High St, 3:15pm  
**It! The Terror from**  
**Beyond Space**  
Electric Palace, 39A  
High St, 7:30pm

**31 October 2023**

**Halloween Special:**  
**Unhappy Birthday**  
Electric Palace, 39A  
High St, 7:30pm

**1 November 2023**

**Strange Way of Life**  
Kino-Teatr, 43-49  
Norman Rd, 3:00pm

**Jennifer's Body**  
Electric Palace, 39A  
High St, 7:30pm

**2 November 2023**

**The Umbrellas of Cherbourg**

Electric Palace, 39A  
High St, 11:00am  
**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

**21 October 2023**

**Hastings Storytelling**  
**Festival: Billy Childish &**  
**The Chatham Singers**  
White Rock Theatre,  
2pm/7:30pm  
**Martha d'Arthur**  
The Forbidden Fruit, 22  
Grand Parade, 9:30pm

**24 October 2023**

**Simon Reeve: To The**  
**Ends of The Earth**  
White Rock Theatre, 7:30pm

**26 October 2023**

**Kevin Bloody Wilson**  
White Rock Theatre, 8:00pm

**27 October 2023**

**The Amazing Bubble Man**  
White Rock Theatre, 2:00pm  
**Doubt: A Parable**  
Stables Theatre and Arts  
Centre, The Bourne, 7:30pm  
**Comedy Night**  
Tin Tins, 21 Robertson St, 8:00pm  
**Ava Cardo**  
The Forbidden Fruit, 22  
Grand Parade, 9:30pm

**28 October 2023**

**Stardust Promotions**  
**Halloween Bash!(Music,**  
**Cabaret, burlesque, DJs)**  
The Pig, 37 White Rock, 6:00pm  
**Doubt: A Parable**  
Stables Theatre and Arts  
Centre, The Bourne, 7:30pm  
**Halloween Special**  
**with David Dale**  
The Forbidden Fruit, 22  
Grand Parade, 9:30pm

**29 October 2023**

**Fireman Sam Live!**  
White Rock Theatre, 12pm/3:30pm  
**Moving the Colour:**  
**Workshops & Performances**  
**Celebrating Hêlio Oiticica!**  
De La Warr Pavilion,  
Marina, 11:30am  
**Doubt: A Parable**  
Stables Theatre and Arts  
Centre, The Bourne, 2:30pm

**31 October 2023**

**Doubt A Parable**  
Stables Theatre and Arts  
Centre, The Bourne, 7:30pm

Continued on page 12&gt;



## LISTINGS

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&lt; Continued from page 11

**1 November 2023****ZAREK Ensemble: A Tour Through Baroque Italy**

Kino-Teatr, 43-49  
Norman Rd, 6:00pm  
**Doubt: A Parable**  
Stables Theatre and Arts  
Centre, The Bourne, 7:30pm

**2 November 2023****Doubt: A Parable**

Stables Theatre and Arts  
Centre, The Bourne, 7:30pm

## ART

**Richard Ansett – Muse**

Until 21 October 2023  
Lucy Bell Gallery, 46 Norman Rd  
**The Minds of Geraldine Swayne**

Until 21 October 2023  
Project 78 Gallery, 78 Norman Rd

**Art Over Sight – Sensory Exhibition by Zoom Arts**

Until 22 October 2023  
Zoom Arts Gallery, St  
Leonards Warrior Square  
Railway Station, Kings Rd  
**Here to There to Here**

**– Mike Abrahams & Francesca Giuliano**

Until 22 October 2023  
Hastings Art School  
Exhibition Space, Priory  
Meadow Shopping Centre  
**David Tindle RA (Private View)**

28 October 2023, 5.00pm  
Kino-Teatr, 43-49 Norman Rd

**Tschabalala Self: Seated**

Until 29 October 2023  
De La Warr Pavilion, Bexhill

**Sasha Leech – Towns and Cities**

Until 29 October 2023  
Hastings Arts Forum,  
21-34 Marine Court

**Oneiropraxis**

Until 29 October 2023  
Hastings Museum and Art  
Gallery, Bohemia Rd

**Halloween Trail**

Until 29 October 2023  
Hastings Museum and Art  
Gallery, Bohemia Rd

**PhotoHastings in Residence**

Until 31 October 2023  
St Andrews Mews, Waldegrave St

**Michelle Mildenhall – KINKY**

Until 31 October 2023  
Seed, 50 George St

**Nicole Zaaroura – I May Stay a Little While**

Until 31 October 2023  
St Andrews Mews, Waldegrave St

**Abi Stockbridge – Artist in Residence**

Until 31 October 2023  
St Andrews Mews, Waldegrave St

**Crowley's Curse**

Until 1 November 2023  
Hastings Museum and Art  
Gallery, Bohemia Rd

## SPORT

**21 October 2023****Hockey: South Saxons Men v Cliftonville**

Horntye Park Sports Complex,  
Bohemia Rd, 12:00pm

**22 October 2023****Football: Hastings United Women v Bognor Regis Town**

Pilot Field, Elphinstone  
Rd, 2:00pm

**28 October 2023****Football: Hastings United v Carshalton Athletic**

Pilot Field, Elphinstone  
Rd, 3:00pm

**Until 31 October 2023****Chess: Hastings International Chess Congress**

Hastings Museum and Art  
Gallery, Bohemia Rd

## EVENTS

**22 October 2023****Bohemia Walled Garden Pumpkin**

11:00am  
Bohemia Walled Garden,  
Summerfield Woods

**23 October 2023****Transition Town Hastings**

7:00pm  
White Rock Theatre

**28 October 2023****Bracelet Making Workshop**

10:00am  
The Crown, 64-66 All Saints St

**29 October 2023****Spooky tales and Spider Fun with Ed Boxhill**

1:30pm  
Alexandra Park Greenhouse,  
St Helens Rd

**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](http://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](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

**The Seadog Quiz**

32, Station Rd, Hastings, 8.00pm  
1st place - £50 bar tab  
[@TheSeaDogHastings](http://@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 workshoping session,  
while writing exercises and  
suggested reading materials  
are provided every week.

[hastingswritersworkshop.com/writersworkshops](http://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](http://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](http://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 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****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 workshoping session,  
while writing exercises and  
suggested reading materials  
are provided every week.

[hastingswritersworkshop.com/writersworkshops](http://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](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)

## CLASSES

**Mondays****Overeaters Anonymous**

7.30-8.30  
Clifton Centre, 1-2 Stainsby  
St, St Leonards 31  
[oagb.org.uk](http://oagb.org.uk)

**Slow and Easy Fitness**

11.30-12.30pm, £3  
Bewellfit, at Clifton Rd  
& 9, The Ridge  
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)

**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](http://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](http://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](http://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](http://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](http://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](mailto:qigongsigrid@gmail.com)

6.00pm-7.00pm

**Candlelit Yoga**

Hastings Old Town  
[oldtownyoga.co.uk](http://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](mailto: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](mailto:pennythepoetess@yahoo.co.uk)  
**Beginners Vinyasa Flow**  
9.30am and 6.30pm  
Hot Yoga Hastings,  
21 St Peter's Rd, Hastings  
[hotyogahastings.co.uk](http://hotyogahastings.co.uk)  
**Slow Flow Yoga (Open Level)**  
9.30am-10.30am

**Crossword Solution No 237:****Across:** 1. Stupid (anagram) 3. AdHere 4. (C)Harlot(te) **Down:** 1. Squash 2. Direct

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## LISTINGS

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**

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****St Leonards Junior Chess**

From 5.00pm

St Nicholas Centre, London Rd

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 Rd TN35 5BH

Exercise for older adults

07817 144812:

bodymoveshastings.com

**Yoga with Marjolin**

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

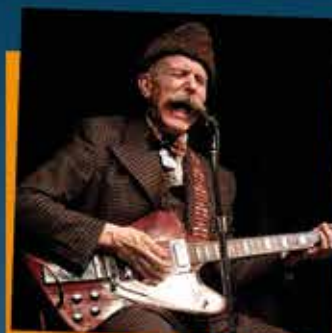
enchantedmalas@gmail.com

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COMING SOON...

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**THE UPBPEAT BEATLES**

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**SIMON REEVE**  
TO THE ENDS OF  
THE EARTH

FRI 27 OCTOBER

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**BUBBLE MAN**

STARRING LOUIS PEARL



SUN 29 OCTOBER

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**LIVE**  
SAVES THE CIRCUS

FRI 10 NOVEMBER

**FAST LOVE**  
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MICHAEL TRIBUTE

SAT 11 NOVEMBER

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## LISTINGS

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

&lt; Continued from page 13

**Elemental Yoga with Catherine**

10.30am. Class Cost: £7  
The Azur Pavilion  
[catherineburnett12@gmail.com](mailto:catherineburnett12@gmail.com)  
**Laughter Yoga with Bev**  
6.30pm-7.30pm  
Upstairs, Jenny Lind  
[bevjones@laughyourselftohealth.com](mailto:bevjones@laughyourselftohealth.com)

**Wellbeing Wednesdays**

10.00am-3.00pm,  
(pay as you can)  
Art in the Park Community  
Hub, Alexandra Park  
[info@artsonprescription.org](mailto: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](mailto:info@artsonprescription.org)

**Buddhist Meditation and Dharma Teaching**

7.00pm-9.00pm  
In person and via Zoom.  
[hastingsbuddhistgroup.co.uk](http://hastingsbuddhistgroup.co.uk)

**Yoga on the Harbour Arm**  
(outdoors) 5.30pm-6.30pm[oldtownyoga.co.uk](http://oldtownyoga.co.uk)**Kundalini Yoga and Meditation Class**

7.30pm-8.45pm  
The Ballroom, Bank Hotel &  
Bistro, St Leonards, £10.  
[soulpowerkundaliniyoga.co.uk](http://soulpowerkundaliniyoga.co.uk)

**Relaxation: Zoom class with Pilates teacher Sally Paffard**

8.00pm-9.00pm, £4  
[sallypaffard@gmail.com](mailto:sallypaffard@gmail.com)

**Spanish – Adult Beginners**

10.00am-12.00pm  
First Floor, 7 Cambridge  
Rd, £15 – lots more classes  
available for all levels  
[Espanoles en Hastings FB page](https://www.facebook.com/Espanoles-en-Hastings)  
[spanishonseaschool@gmail.com](mailto: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](mailto: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](mailto:Sigrid.qigongsigrid@gmail.com)

**Adult Tap Class for Beginners**

6.15pm-7.00pm  
7 Mercatoria, St Leonards  
[kimhaviland@gmail.com](mailto:kimhaviland@gmail.com)

**Therapeutic Yoga**

12.30pm-1.30pm  
Hastings Centre, The Ridge,  
Hastings TN34 2SA  
£7 – All abilities welcome  
[ninayoga.co.uk](http://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](http://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](mailto: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](https://meetup.com/south-coast-skyers)

**Thursdays****Tilekiln Youth Club Sessions**

5.30-7.00pm  
Tilekiln Community Centre  
[sarah.adams@freshvisions.org.uk](mailto: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](mailto:catherine@brassbeemarketing.com)

**Yoga with Marjolyne**

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

**Teens Art Club**

4.00pm-6.00pm  
Art in the Park, Alexandra Park  
[info@artsonprescription.org](mailto:info@artsonprescription.org)

**Hastings Town Singers**

7.00pm-9.00pm  
Castledown School, Priory Rd  
A friendly non-auditioning  
community choir.  
Free taster sessions.  
[hastingstownsingers.co.uk](http://hastingstownsingers.co.uk)

**Life drawing (Adults only)**

10.30am-12.30pm, £10  
Art in the Park Community  
Hub, Alexandra Park  
[info@artsonprescription.org](mailto: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](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.com](mailto:ajw.hesnhs@btinternet.com), 7597 003407

**Fridays****Broomgrove Youth Club Sessions**

4.30-5.30  
Broomgrove Community Centre  
[sarah.adams@freshvisions.org.uk](mailto: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](mailto: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](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 (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](mailto: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](http://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](mailto: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](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  
First 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**

Third Sunday 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](https://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](mailto:c.hwatts.art@gmail.com)