



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

MUSIC

3 November 2023

McNiff's Folk Sundowner

The Jenny Lind, 69
High St, 5:00pm
Cable St Rag Band
Crown House, 57 Marina, 7:30pm

Megan Leigh Mason

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 7:30pm

St Leonards Concerts

Crown House, 57 Marina, 7:30pm

The Mavericks Tribute

Tin Tins, 21 Robertson St, 8:00pm

George Simmonds

Pisarro's, 9-10 South
Terrace, 8:30pm

4 November 2023

**Jury Service versus
Mystery Key**

Electro Studios, 5
Seaside Rd, 5:00pm

1200 Postcards 5th

Birthday Party
Twelve Hundred Postcards,
80 Queens Rd, 7:00pm

Gentleman's Dub

Club+ Kiko Bun
De La Warr Pavilion,
Marina, 7:00pm

Stormy-T and the**Bluesman's Lane**

Tin Tins, 21 Robertson St, 8:00pm

CATCHMYDRIFT? presents**LET ME BANG!! w/ Leah****Floyeurs / Adop+ / Keith****Anderson / DJK / Japhy**

The Pig, 37 White Rock, 9:00pm

Dead Rabbits

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 9:00pm

5 November 2023

**Simon & the Pope + with Ted
Versicolor and Duncan Reekie**

Electro Studios, 5
Seaside Rd, 3:00pm

Afrit Nebula

The Jenny Lind, 69
High St, 4:00pm

Milton Hide

The Stag Inn, 14 All
Saints St, 5:00pm

Stone Junction

The Stag Inn, 14 All
Saints St, 5:00pm

Tangerine Dream

De La Warr Pavilion,
Marina, 7:00pm

Vinyl Night

The Jenny Lind, 69
High St, 7:00pm

Three & Easy

Tin Tins, 21 Robertson St, 8:00pm

6 November 2023

Just Landed

The Jenny Lind, 69
High St, 7:00pm

Open Mic

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 8:00pm

7 November 2023

Tuesday Night Music Sessions

The Albion, George St, 8:30pm

Tuesday Night Open**Folk Session**

The Stag Inn, 14 All
Saints St, 8:30pm

8 November 2023

The Kukes

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 8:00pm

9 November 2023

**Greg Heath (sax) & The
Jazz Organisation**

The NUR, 13 Robertson
St, 8:00pm

Shanty Night with**Completely Scuppered!!!**

The Jenny Lind, 69
High St, 8:30pm

10 November 2023

McNiff's Folk Sundowner

The Jenny Lind, 69
High St, 5:00pm

Haircut 100+ Barbara

De La Warr Pavilion,
Marina, 7:00pm

Danny Horn

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 7:30pm

Kitten Kaboodle

Tin Tins, 21 Robertson St, 8:00pm

The Urban Voodoo Machine

The Piper, 1 Norman Rd, 8:00pm

Fabulous Red Diesel

Pisarro's, 9-10 South
Terrace, 8:30pm

11 November 2023

Los Twangueros

Tin Tins, 21 Robertson St, 8:00pm

Righteous Thieves

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 9:00pm

Totally Taylor - A Taylor**Swift Club Night**

The Brass, 18 Havelock
Rd, 10:00pm

12 November 2023

Vinyl Night

The Jenny Lind, 69
High St, 7:00pm

Speechless Duo

Tin Tins, 21 Robertson St, 8:00pm

14 November 2023

Tuesday Night Music Sessions

The Albion, George St, 8:30pm

Tuesday Night Open**Folk Session**

The Stag Inn, 14 All
Saints St, 8:30pm

15 November 2023

Folk Session

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 8:00pm

16 November 2023

Paul Eshelby (tpt) & The**Jazz Organisation**

The NUR, 13 Robertson
St, 8:00pm

The Members

The Piper, 1 Norman Rd, 8:00pm

Shanty Night with**Completely Scuppered!!!**

The Jenny Lind, 69
High St, 8:30pm

CINEMA

03 November 2023

Talking Heads: Stop**Making Sense (40th****Anniversary restoration)**

Kino-Teatr, 43-49

Norman Rd, 7:30pm

The Ballad of Shirley Collins

Electric Palace, 39A
High St, 7:30pm

04 November 2023

Filming In Technicolour:**Film Workshop for All**

Electric Palace, 39A

High St, 2:30pm

Wes Anderson-Style**Zine Workshop**

Electric Palace, 39A

High St, 2:30pm

Wes Anderson Night: The**Grand Budapest Hotel****and Surprise Extras!**

Electric Palace, 39A

High St, 7:30pm

05 November 2023

A Matter of Life and Death

Electric Palace, 39A

High St, 11:00am

07 November 2023

The Royal Ballet 2023-24 Live**Cinema Season: Don Quixote**

Kino-Teatr, 43-49

Norman Rd, 7:15pm

08 November 2023

Ghosts of the Chelsea**Hotel (and Other Rock &****Roll Stories) (DocFest:****The Art of a True Story)**

Kino-Teatr, 43-49

Norman Rd, 7:30pm

Let's Talk Film: Everything You**Ever Wanted to Know About****Powell and Pressburger**

Electric Palace, 39A

High St, 7:30pm

09 November 2023

Exhibition On Screen:**Klimt & The Kiss**

Electric Palace, 39A High
St, 11:00am/7:30pm

Klimt & The Kiss (DocFest:**The Art of a True Story)**

Kino-Teatr, 43-49 Norman

Rd, 3:00pm/7pm

10 November 2023

A Monk Who Wears**Heels (DocFest: The****Art of a True Story)**

Kino-Teatr, 43-49

Norman Rd, 5:00pm

Free Party: A Folk History

Electric Palace, 39A

High St, 7:30pm

11 November 2023

The Nettle Dress (DocFest:**The Art of a True Story)**

Kino-Teatr, 43-49 Norman

Rd, 12:00pm/3pm

Tlc Forever

Electric Palace, 39A

High St, 4:00pm

Free Party: A Folk History

Electric Palace, 39A

High St, 7:30pm

Tish Special screening**+ Q&A with executive****producer Aisling O'Connor,****Head of BBC Commissioning,****England (DocFest: The****Art of a True Story)**

Kino-Teatr, 43-49

Norman Rd, 7:30pm

12 November 2023

Eric Ravilious, Drawn to War

Electric Palace, 39A

High St, 11:00am

A Bright Nowhere +**Director's Q&A (DocFest:****The Art of a True Story)**

Kino-Teatr, 43-49

Norman Rd, 2:00pm

Even Hell Has**Its Heroes: Earth**

Electric Palace, 39A

High St, 7:30pm

14 November 2023

Lonesome

Electric Palace, 39A

High St, 7:30pm

16 November 2023

Typist Artist Pirate King

Electric Palace, 39A High

St, 11:00am/7:30pm

Les Miserables

Isabel Blackman Centre,

South St, 2:00pm

NT Live: Skylight

Kino-Teatr, 43-49

Norman Rd, 7:00pm

Sussex Exchange

Queensway – for film listings go to:

cinema.thesussexexchange.co.uk/

Odeon Hastings

Queens Rd – for film listings go to:

odeon.co.uk/cinemas/hastings

PERFORMANCE

03 November 2023

Upbeat Beatles

White Rock Theatre,

White Rock, 7:30pm

04 November 2023

Magic of Motown

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LISTINGS

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White Rock Theatre,
White Rock, 7:30pm

05 November 2023

Sarah Millican - Late Bloomer
White Rock Theatre,
White Rock, 7:30pm

09 November 2023

White Rock Tots Autumn Term
White Rock Theatre,
White Rock, 10:30am
Imagine, What a Wonderful World
Stables Theatre and Arts
Centre, The Bourne, 7:30pm
The Sound Of Springsteen
White Rock Theatre,
White Rock, 7:30pm

10 November 2023

FastLove
White Rock Theatre,
White Rock, 7:30pm

11 November 2023

Gareth Malone Sing-Along-A-Gareth-Two
White Rock Theatre,
White Rock, 7:30pm

14 November 2023

The Ghost of a Smile
Stables Theatre and Arts
Centre, The Bourne, 7:30pm

15 November 2023

'Soundbath' Session with Julia Scott-Russell
Kino-Teatr, 43-49
Norman Rd, 4:00pm
Simon & the Pope + 'Avant Bavard': Free Live Music in the Gallery
Kino-Teatr, 43-49
Norman Rd, 6:30pm
The Bavard Bar. "A delightful blend of TED, comedy and Radio 4. Sort of."
Kino-Teatr, 43-49
Norman Rd, 7:30pm

16 November 2023

Hastings Gang Show
White Rock Theatre, White
Rock, (Check Times)
White Rock Tots Autumn Term
White Rock Theatre,
White Rock, 10:30am
'An evening with Danny Horn & The Shared Myths'
Stables Theatre and Arts
Centre, The Bourne, 7:30pm

ART

Abandoned Beauty
Until 28 November 2023
Stables Theatre and Arts
Centre, The Bourne
**Artist in Residence:
The Two Ians**

Until December 2023
St Andrews Mews, Waldegrave St
Cerebellum: Excappare
Until 7 November 2023
St Andrews Mews,
Waldegrave Rd
David Tindel RA – A Retrospective
Until 28 January 2024
Kino-Teatr, 43-49 Norman Rd
Hélio Oiticica – Waiting for the Internal Sun
Until 14 January 2024
De La Warr Pavilion, Bexhill
In Heaven as It Is on Earth: Emma Biggs & Matthew Collings
Until 12 November 2023
Rogue Gallery, 65 Norman Rd
Mixed Media Show – Hastings Young Artists
From 11 November 2023
Electro Studios, 5 Seaside Rd
Nengi Omuku
Until 7 March 2024
Hastings Contemporary,
The Stade
Poles Apart – Anee Lydiate & Chris Wainwright
Until 12 November 2023
Hastings Arts Forum,
21-34 Marine Court
Roland Hicks – The Fourth Wall
Until 3 March 2024
Hastings Contemporary,
The Stade
Short Days, Short Weeks – An Exhibition by Vicki Painting
Until 2 December 2023
Solaris Gallery, 76 Norman Rd
Sir Quentin Blake – Ink
Until 12 November 2023
Hastings Contemporary,
The Stade
Stored Out of Sight
Until 16 December 2023
Hastings Museum and Art
Gallery, Bohemia Rd

SPORTS

04 November 2023
Hockey: South Saxons Men v Old Williamsonians - South East Men's League Div 1 East
Horntye Park Sports
Complex, Bohemia Rd, TBC
Rugby: Hastings & Bexhill v Old Elthamians – Kent 3 League
Visitors have won all four
league games this season –
tough assignment for H&B
Ark Alexandra Academy,
Helenswood Campus, The Ridge,
Hockey: South Saxons Ladies v Tunbridge Wells – South East Ladies League Div 1 East
Horntye Park Sports Complex,
Bohemia Rd, 12:00pm

11 November 2023
Football: Hastings United v Kingstonian – Isthmian Premier League

The 'U's lost 2-1 at home to
Kingstonian in the FA Trophy
last month, should do better
in this league encounter
Pilot Field, Elphinstone
Rd, 3:00pm

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.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,
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 Rd
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 Rd
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 Rd
& 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.
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
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

**Crossword Solution No 238:****Across:** 1. (di)D as he s(aid) 3. Mister 4. Steamy (anagram) **Down:** 1. DramAs 2. Stormy (anagram, without E)

LISTINGS

**Feel better with
Therapeutic Movements**2.00pm-3.00pm
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.*qigongsigrid@gmail.com*

6.00pm-7.00pm

Candlelit Yoga

Hastings Old Town

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

7.00pm-8.30pm

Upstairs at the Piper,

1 Norman Rd

*email or phone now to find out**more about our next 6 week**course. Phoebe 07947 440502**pennythepoetess@yahoo.co.uk***Argentine Tango Improvers****Drop-In Class**

8.15pm-9.30pm, £8

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

Hornty 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

& 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 Rd

A social club for children

who play chess.

*andrewjmcgettigan@gmail.com**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 Marjoly**

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

Upstairs, Jenny Lind

*bevjones@laughyourself**tohealth.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.



LISTINGS

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

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Street sketchers “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 Rd
A friendly non-auditioning
community choir.
Free taster sessions.
hastingstownsingers.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, 7597 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](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**Traditional Yoga**

Horntye Club Room,
Horntye Sports Centre
9.30am-10.40am, £10
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

11.00am
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

2.00pm
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**

21 St Peter's Rd,
Hastings. 3.00pm
hotyogahastings.co.uk

Historical Dance Group Regency Dance Workshop

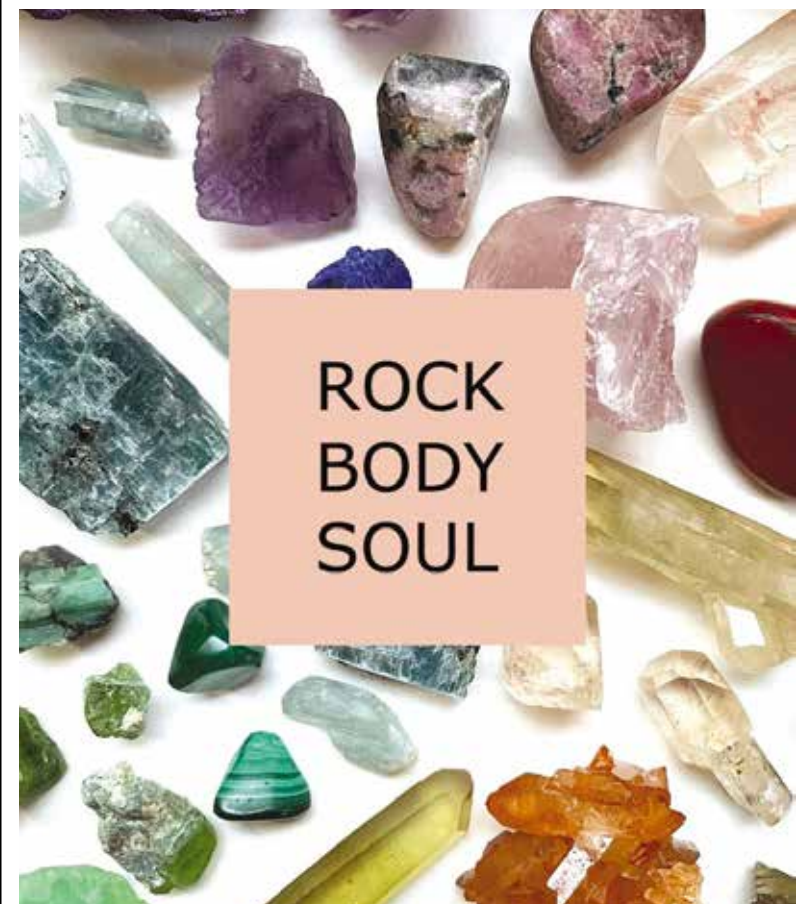
2pm-4.45pm, monthly
St Peter and St Paul's Church Hall
dianadancer@btinternet.com

Street sketchers

“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

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