



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

16 November 2023

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

The NUR Robertson St, 8.00pm

17 November 2023

McNiff's Folk Sundowner

The Jenny Lind, 69 High St, 5.00pm

Knewmi

The Joint Vinyl Bar & Café

7.00pm-11.30pm

3 Marine Pde, Hastings Old Town

Garry Blakeley & Bear Lucas

The Dolphin Inn, 11-12 Rock

A Nore Rd, 7.30pm

EDEN 17/11/23 – For Lesbian

and Queer Women

The Forbidden Fruit, 22

Grand Pde, 8.00pm

TinTins Live Music Showcase

Tin Tins, 21 Robertson St, 8.00pm

Bluesmans Lane

Pisarro's, 9-10 South Tce, 8.30pm

18 November 2023

Mixmaster Morris

The Joint Vinyl Bar & Café

7.00pm-11.30pm

3 Marine Pde, Hastings Old Town

Funke and the Two Tone Baby

The Brass, 18 Havelock Rd, 7.30pm

WREN / A-SUN AMISSA / YOU&TH

The Pig, 37 White Rock, 7.30pm

50-50

Tin Tins, 21 Robertson St, 8.00pm

Hastings Northern Soul Club

The PrintWorks

14 Claremont, TN34 1HA

8.00pm-1.00am

DJs Rob Wilde, Anton Ludwig,

Linda Seddon and Tara T

Cover Ups

The Dolphin Inn, 11-12 Rock

A Nore Rd, 9.00pm

Songs on Sea with Blair Mackichan,

Mike Willis, Siddy Bennett

Henry Ward Hall, Robertson

St, TN34 1HL

mike@henrywardhall.com

19 November 2023

Mixmaster Morris

The Joint Vinyl Bar & Café

2.00pm-7.00pm

3 Marine Pde, Hastings Old Town

Wendy May's Locomotion

presents: Sunday Shakedown

Crown House Regency

Rooms 3.00pm-8.00pm

DJ'S Wendy May & Guests

Retro Soul, Ska, Funk, Motown

& more all on vinyl

Jazzy Songs with Jude Montague

1200 Postcards, 80 Queen's

Road 4.00pm-7.00pm FREE

Johnny Campbell Northern

English Trad Folk

The Stag Inn, 14 All Saints St, 5.00pm

Vinyl Night

The Jenny Lind, 69 High St, 7.00pm

Hastings Rotary Young

Music Completion

Henry Ward Hall, Robertson
St, TN34 1HL

mike@henrywardhall.com

21 November 2023

Traditional Folk Session

The Stag Inn, 14 All Saints St, 5.00pm

Tuesday Night Music Sessions

The Albion, George St, 8.30pm

Tuesday Night Open Folk Session

The Stag Inn, 14 All Saints St, 8.30pm

22 November 2023

The Other Band

The Dolphin Inn, 11-12 Rock

A Nore Rd, 8.00pm

23 November 2023

Bjorn Dahlberg (clt/sax) &

The Jazz Organisation

The NUR, 13 Robertson Street 8.00pm

Shanty Night with

Completely Scuppered!!!

The Jenny Lind, 69 High St, 8.30pm

24 November 2023

McNiff's Folk Sundowner

The Jenny Lind, 69 High St, 5.00pm

DJ Fantasize Me

The Joint Vinyl Bar & Café

7.00pm-11.30pm

3 Marine Pde, Hastings Old Town

Two Ship improvised music

(Mike Fletcher, solo sax; Gemma

Bass 'missing pieces' with Ellie

Westbrook and Olie Brice.

7.00pm, The Beacon, 67-68

St Mary's Tce, TN34 3LS. £6

advance / £8 on the door

The Barbarian Horde and

Montague Armstrong

7.30pm-10.00pm

FREE The Pig (back room)

White Rock Double bill from two

Hastings-based quirky duos.

Seaside Stu

The Dolphin Inn, 11-12 Rock

A Nore Rd, 7.30pm

Palmeramas Comedyrma

Tin Tins, 21 Robertson St, 8.00pm

Bliss Music open mic

8.00pm-11.00pm The Anchor

Inn, George street

The Hastings

Pisarro's, 9-10 South Tce, 8.30pm

25 November 2023

DJ Mobriller

The Joint Vinyl Bar & Café

7.00pm-11.30pm

3 Marine Pde, Hastings Old Town

Vanessa King Featuring Jack Jackal

Tin Tins, 21 Robertson St, 8.00pm

Don Letts

The Piper, 1 Norman Rd, 9.00pm

The Kavemen

The Dolphin Inn, 11-12 Rock

A Nore Rd, 9.00pm

26 November 2023

Earl Grey

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

28 November 2023

Traditional Folk Session

The Stag Inn, 14 All Saints St, 5.00pm

Tuesday Night Music Sessions

The Albion, George St, 8.30pm

Tuesday Night Open Folk Session

The Stag Inn, 14 All Saints St, 8.30pm

30 November 2023

Liz & Robs Folk & Blues

sing-a-round

The Stag Inn, 14 All Saints St, 5.00pm

Stuart Jackaman (gtr) &

The Jazz Organisation

The NUR Robertson Street 8.00pm

CINEMA

Friday 17 November

Asteroid City

Electric Palace, High St, 7.30pm

The Miracle Club

Kino-Teatr, Norman

Rd, 3.00pm, 7.30pm

Monster Movie Club Red Carpet

Gala: Young Frankenstein

The Pig, White Rock, 7.00pm

Saturday 18 November

Greta Gerwig Night – Lady

Bird + Surprise Extras!

Electric Palace, High St, 7.30pm

Typist, Artist, Pirate, King

Kino-Teatr, Norman

Rd, 3.00pm, 7.30pm

Sunday 19 November

**I Know Where I'm Going! (+ live
film event and guest intro)**

Electric Palace, High St, 11.00am

Typist, Artist, Pirate, King

Kino-Teatr, Norman Rd, 2.00pm

Wednesday 22 November

Film Screening: Catherine Yass

De La Warr Pavilion, Bexhill, 6.00pm

The Miracle Club

Kino-Teatr, Norman

Rd, 3.00pm, 7.30pm

Thursday 23 November

The Ponds, 11.00am

The Umbrellas of

Cherbourg, 7.30pm

Electric Palace, High St

Friday 24 November

Sing (Family Friday

Screening), 4.00pm

Dance Craze, 7.30pm

Electric Palace, High St

Saturday 25 November

Dr. Strangelove (or How I

learned to Stop Worrying

and Love the Bomb)

Electric Palace, High St, 7.30pm

Sunday 26 November

Mission: Joy (+Conversation

with Rebecca Marshall)

Electric Palace, High St

Tuesday 28 November

Out on Tuesday: My First

Summer +Short Film & Q&A

Electric Palace, High St. 7.30pm

Wednesday 29 November

Killers of the Flower Moon

Kino-Teatr, Norman

Rd, 2.00pm, 7.30pm

Thursday 30 November

Oppenheimer

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 17 November

The Hastings Gang Show

White Rock Theatre, 7.00pm

Waiting for the Miracle

Stables Theatre and Arts

Centre, The Bourne, 7.30pm

Saturday 18 November

The Ukulele Orchestra

of Great Britain

De la Warr Pavilion, Bexhill, 7.00pm

Eva Iglesias

Forbidden Fruit, Grand Pde, 9.30pm

Flight Feathers Poetry Slam

The Nest, High St, 7.00pm

Howard's End

Stables Theatre, The Bourne, 7.30pm

The Hastings Gang Show

White Rock Theatre, 2.00pm, 7.00pm

Sunday 19 November

Coffee Concert: Emma Dogliani-

Soprano, John Upperton-Tenor,

Francis Rayner-Piano

Kino-Teatr, Norman Rd, 11.00am

Quentin Crisp: Naked Hope

written & Performed by

Mark Farrelly - Directed

by Linda Marlowe

Stables Theatre, The Bourne, 3.00pm

Thursday 23 November

White Rock Tots Autumn Term

White Rock Theatre, White

Rock, 10.30am

Bowie Live

White Rock Theatre, White



LISTINGS

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

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Tin Tins, Robertson St, 8.00pm

Saturday 25 November**Hastings Philharmonic Singers**
Christ Church, Silchester Rd, 7.00pm
Drag With No Name
Forbidden Fruit, Grand Pde, 9.30pm**Sunday 26 November****Lodestar Trio**
Christ Church, Silchester Rd, 3.00pm
Panto: Robin Hood
De La Warr Pavilion, Bexhill,
1.00pm, 5.30pm
Coffee Concert: Aysen Ulucan
violin & Kenneth Roberts piano
Kino-Teatr, Norman Rd, 11.00am**Monday 27 November****The Mousetrap**
White Rock Theatre, 7.30pm**Tuesday 28 November****The Mousetrap**
White Rock Theatre, 7.30pm**Wednesday 29 November****The Mousetrap**
White Rock Theatre, 7.30pm**Thursday 30 November****The Mousetrap**
White Rock Theatre, 2.30pm, 7.30pm

ART

Abandoned Beauty
Until 28 November 2023
Stables Theatre Gallery, The Bourne
Artist in Residence: The Two Ians
Until December 2023
St Andrews Mews, Waldegrave St
David Tindel RA – A Retrospective
Until 28 January 2024
Kino-Teatr, Norman Rd
Hastings Arts Forum
Christmas Fair
Until 17 December 2023
Hastings Arts Forum, Marine Court
Hastings Found by Arno
Rupert Maasdorp
24 November 2023
St Andrews Mews, Waldegrave St,
Hastings History Experience
Tressell's Children
November and December
Beyond The Door Gallery
(accessible through Mews
Gallery One, upper floor at St
Andrews Mews), St Andrews
Mews, Waldegrave St, TN34 1SJ
sophie@msslprojects.co.uk
Hastings Independents
Through November 2023
Electro Studios, Seaside Rd
Hélio Oiticica – Waiting
for the Internal Sun
Until 14 January 2024
De La Warr Pavilion, Bexhill
Hurvin Anderson –
Salon Paintings
18 November until 3 Marcg 2024**Hastings Contemporary, The Stade**
Missing – Some Paintings
by Jonathan Cole
Until 2 December 2023
Project 78 Gallery, Norman Rd
The Moman Show
Until 18 November 2023
Cactus Hound, Western Rd
Nengi Omuku
Until 7 March 2024
Hastings Contemporary, The Stade
Rock and Roll Christmas
19 November until 21 January 2024
Lucy Bell Gallery, Norman Rd
Rogue Gallery Affordable
Winter Exhibition
24 November until 23 December 2023
Rogue Gallery, Norman Rd
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, Norman Rd
SOCO Open III
Until 26 November 2023
Hastings Arts Forum, Marine Court
Stephen Coelho – Painting
the Town
Until 24 December 2023
St Andrews Mews, Waldegrave St
Stored Out of Sight
Until 16 December 2023
Hastings Museum and Art
Gallery, Bohemia Rd
Tschabalal Self: Seated
Until 31 March 2024
De La Warr Pavilion (Lawn), Bexhill
Zoom Arts Exhibition
Until 19 November 2023
St Andrews Mews, Waldegrave St

SPORT

Saturday 18 November
Hockey: South Saxons Men
v Herne Bay - South East
Men's League Div 1 East
Horntye Park time tbc
South Saxons Ladies v Blackheath
& Elthamians – South East
Ladies League Div 1 East
Horntye Park time tbc
Rugby: Hastings & Bexhill v New
Ash Green – Kent 3 League
Ark Alexandra time tbc**Saturday 25 November**
Football: Hastings United v Canvey
Island – Isthmian Premier League
Pilot Field 3pm

EVENTS

Autumn Programme
Spun Glass Theatre- Mini
Playhouse, 26 White Rock,
spunglasstheatre.com/
mini-playhouse-hastings
Every Monday, Tuesday,
Wednesday, Friday
Health Walks
Gentle, hour-long walks seewebsite 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
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 emmadance.co.uk
Rhymetime at Hastings Library
11.00am, free
Hastings Library, Brassey
Institute, 13 Claremont,
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
hastingslibraryofthings.co.uk**Every Wednesday****Let's Do Lunch**
12.30pm-2.00pm
Isabel Blackman Centre,
Winding St, Hastings
Make new friends and 2 course
lunch for under £10.**Every Thursday**
English Conversation group
10.00am
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.
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***Friday 17 November****Bats by Karen Hammond -**
Hastings & St Leonards RSPB
Taplin Centre, 3, Upper Maze Hill
7.00 for 7.30 £5.00 entrance fee
for visitors with complimentary
coffee and biscuits. Phone 211140
or look on line for more details
Until Saturday 18 November
Hastings Old Town Cider Festival
The Albion, The Jolly Fisherman,
The Crown and The Jenny Lind,
Ciders from around the UK. See
individual pubs for specific events.**Saturday 18 November****Christmas in Sidley!**
Christmas Fair
10.00am-3.00pm The Sara
Lee Therapy Centre
behind The Sara Lee Charity Shop
at 54 Ninfield Rd, Sidley, Bexhill,
TN39 5BD.
Christmas Market
Crafts, gifts, cakes, refreshments
and a tombola. 10.30am-1.30pm
St Peter and St Paul Church,
Parkstone Rd, TN34 2NT Contact
blefever376@gmail.com**Sunday 19 November****Worth The Weight**
Vintage Kilo Sale
10am until 4pm. East Sussex College
Entry £3 for early bird and £2 after.**Tuesday 21 November****Snug Knit-a-thon**
To raise money for Warming
Up the Homeless, donations
of wool gratefully received.
10am-10pm The Crown, All
Saints St, TN34 3BN
The Sara Lee Trust virtual
Annual General Meeting
5.00pm via Zoom. Meeting ID: 860
8872 4942 Passcode: 225185**Friday 24 November**
Christmas ReGift Free Shop
and Gift Wrap Workshop
12.00pm-2.00pm The Common
Room, 27-29 Eagle House,
Cambridge Rd, TN34 1DJ
1066 Music City networking event
5.30pm-7.30pm The
Brass, Havelock Rd
Hastings Fat Tuesday's
Under the Radar

7.30pm The Brass, Havelock Rd

Saturday 25 November
Christmas Craft Fair at St
Leonards on Sea Methodist Church
39 Bohemia Road
Raising money for 15th St
Leonards Brownies.
Craft Fair at The IBC
10.00am-3.00pm Isabel Blackman
Centre (IBC), Winding St, Old Town
Christmas Craft Fair at
Brede Village Hall
10.00am-2.00pm in aid of The
Friends of Conquest Hospital
Entrance free, donations,
very welcome.
angie@conquestfriends.co.uk
The Big Celebration
6.00pm-9.00pm Concordia Hall
*progressnet.org***Wednesday 29 November****Shain Shapiro Book Launch**
7.00pm Hastings Bookshop
Tickets through eventbrite

CLASSES

Mondays**Overeaters Anonymous**
7.30-8.30
Clifton Centre, 1-2 Stainsby
St, St Leonards 31
oagb.org.uk
Quick Burn
9.00am-9.30am Isabel Blackman
Centre (IBC), Winding St, Old Town
Circuits
10.00am-11.00am Isabel Blackman
Centre (IBC), Winding St, Old Town
Silver Swans Ballet
11.15am-12.15pm Isabel Blackman
Centre (IBC), Winding St, Old Town
Slow and Easy Fitness
11.30-12.30pm, £3
Bewellfit, at Clifton Rd & 9, The Ridge
Exercise for older adults
07817 144812: *bodymoveshastings.com*
Fit with Diabetes
1.00pm-1.45pm Isabel Blackman
Centre (IBC), Winding St, Old Town
4 Friends of IBC LGBTQ+
2.15pm-4.00pm Isabel Blackman
Centre (IBC), Winding St, Old Town
Chair Yoga
3.00pm-4.00pm Isabel Blackman
Centre (IBC), Winding St, Old Town
Origami
3.00pm-4.00pm Isabel Blackman
Centre (IBC), Winding St, Old Town
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

**Crossword Solution No 239:****Across:** 1. Lent il(l) 3. (go t)o XY gen(es) 4. Falter (anagram) **Down:** 1. Let off (anagram) 2. (c)Leaner

LISTINGS

Gentle Zumba

5.30pm-6.15pm Isabel Blackman Centre (IBC), Winding St, Old Town

Absolute Beginners**Argentine Tango**email or phone now to find out more about our next 6 week course. *Phoebe 07947 440502**pennythepoetess@yahoo.co.uk***Meridan Yoga and Self****Shiatsu with Steph**6.00pm-7.30pm at Azur *steph@stleonards.studio / 07816486603***Darragh Dance**

5.30pm-7.00pm, £10, £5 concessions

Afri-Co-Lab, 3 Marine

Court, St Leonards

*afri-co-lab.org***Chair Yoga**

3.00pm-4.00pm

Isabel Blackman Centre, Winding St.

*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***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

Tuesdays**Pilates**

9.00am-10.00am Isabel Blackman

Centre (IBC), Winding St, Old Town

Beginners French

10.00am-11.00am Isabel Blackman

Centre (IBC), Winding St, Old Town

Chair based Exercise

11.00am-11.45am Isabel Blackman

Centre (IBC), Winding St, Old Town

Needle Felt

11.00am-12.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Chair Yoga

11.00am-12.00pm, West St

Leonards Community Centre.

*Contact Active Hastings 01424 451051**activehastings@hastings.gov.uk***French for Beginners**

12.00pm-1.00pm FREE Common

Room Eagle House Cambridge

Rd. TN34 1DJ *Contact George**07835808318***Movement for the mind**

1.00pm-1.45pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Art & Social Club

2.00pm-3.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Weight Training Beginners

3.00pm-4.45pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Traditional Yoga

5.00pm-6.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Sunset Flow w/ Hannah

6.00pm-7.00pm Madre, Wellington

Centre, Wellington Sq £9.00

*hola@madre-sl.com***Vinyasa Flow**

6.30pm-7.30pm Bank House Studio,

*karen@yoga-by-the-sea.co.uk***Hastings Women's Rounders**

7.30-9.00pm with Hastings

Rounders • Eequ for fees or

free games and bookings

St Leonards Academy Sports Hall

Seen on Screen Dance

7.45-8.45pm The Y Centre, St Paul's

Rd, for more information and to

*book visit www.sos.dance***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

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

7.00pm-9.00pm, £10, £5 concessions

Afri-Co-Lab, 3 Marine

Court, St Leonards

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

12.00pm-3.00pm

The Common Room, Eagle House,

27-29 Cambridge Rd, Hastings

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

11.00am-12.00pm and

1.00pm-2.00pm

Isabel Blackman Centre, Winding St.

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

Zoom, 2.00pm-3.00pm

*sueyoga1066@gmail.com***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

& 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.

*@facebook.com/**events/576448847887517***Wednesdays****Introduction to saggar firing**

3 session-course starting 29th Nov

6pm £90 At The Wonki Pot at The

Yard, Waterworks Rd, Hastings.

*holly.s.dawes@gmail.com to book,**Insta @the.wonki.pot***Pump & Tone**

9:00am-9:45am Isabel Blackman

Centre (IBC), Winding St, Old Town

Qigong

10:00am-11:00am Isabel Blackman

Centre (IBC), Winding St, Old Town

Crowninos Kids Group

10:00am-11:00am run by Ellie.

Songs, stories and vibes. For 0-4

year olds and their carers. £6 per

family unit. The Crown Hastings

64-66 All Saints Street

Let's Do Lunch

12:30pm-2:00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Legs Bums & Tums

1:00pm-1:45pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Linedancing with Pat

2:15pm-4:00pm Four Courts,

Sydney Close, St Leonards on Sea.

*To Book email linedancewithpat@**gmail.com or 07724024227.***IBC Full House Bingo**

2:30pm-3:30pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Breathe Better

3:00pm-3:45pm Isabel Blackman

Centre (IBC), Winding St, Old Town



LISTINGS

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

Spanish – Adult Beginners

10.00am-12.00pm

First Floor, 7 Cambridge Rd, Hastings

£15 – lots more classes

available for all levels

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

8.00pm-11.00pm

White Rock Hotel, Downstairs Bar

£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

*kimhaviand@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 Tce, Hastings

Women's choir Free taster sessions,

no music reading or auditions.

*theclasschoir@gmail.com***Thursdays****Gentle Wake Up Yoga**

8.00am-9.00am, The

Bank Hotel & Bistro,

*karen@yoga-by-the-sea.co.uk***Circuits**

9.00am-10.00am Isabel Blackman

Centre (IBC), Winding St, Old Town

Beginners Spanish

9.30am-10.30am Isabel Blackman

Centre (IBC), Winding St, Old Town

Games Club

10.00am-12.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Healthy Joints

10.30am-11.15am Isabel Blackman

Centre (IBC), Winding St, Old Town

Needle Felt (3)

11.00am-12.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Needle Felt (4)

1.00pm-2.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Indoor Bowls

1.30pm-2.30pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Pilates (beginners)

3.00pm-4.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Hastings Mixed Indoors Rounders

7.00-8.00pm with Hastings

Rounders • Eequ for fees/ free

games and bookings

Hornty Park Sports Complex

Argentine Tango Improvers Drop-In Classes

8.15pm-9.30pm White Rock

Hotel, Downstairs Bar £8

*pennythepoetess@yahoo.co.uk***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.

*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.

*hastingstowningers.co.uk***Life drawing (Adults only)**

10.30am-12.30pm, £10

Art in the Park Community

Hub, Alexandra Park

*info@artsonprescription.org***Earth: Art Workshop**

6.00pm-8.00pm, £10

Art in the Park Community

Hub, Alexandra Park

*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

Low impact exercise for older adults.

£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.

*isabelblackmancentre.co.uk***Ashtanga Yoga – Assisted****Self Practice**

07.15am-09.15am, £15

Wellington Health & Wellbeing Centre

*ashtangayogahastings@gmail.com***HESNHS Walking Group**

4-6 miles, friendly natural

history walking group. Picnic

or pub lunch options.

*hastingsnaturalhistory.org**Andrew: ajw.hesnhs@btinternet.com,**7597 003407***Fridays****Traditional Yoga**

9.30am-10.30am Isabel Blackman

Centre (IBC), Winding St, Old Town

Weight loss Bootcamp Beginners

11.00am-11.45am Isabel Blackman

Centre (IBC), Winding St, Old Town

Slow & Steady Mobility

1.00pm-1.45pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Table Tennis

2.30pm-4.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

Senior Strength

3.00pm-4.00pm Isabel Blackman

Centre (IBC), Winding St, Old Town

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

*afri-co-lab.org***Traditional Yoga**

Hornty Club Room, Hornty

Sports Centre

9.30am-10.40am, £10

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

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.

*isabelblackmancentre.co.uk***Saturdays****Heritage Explorers**

10.00am-2.00pm First Saturday

of the month. Christchurch,

Silchester Rd, St Leonards.

*Contact Lucy Bailey:**lucybaileyheritage@outlook.com***Pure stretch**

9.00am-10.00am Isabel Blackman

Centre (IBC), Winding St, Old Town

Antenatal Class

10.00am First Saturday morning

of every month. Antenatal classes,

hypnobirthing and postnatal

support. *themotherhipantenatal.**co.uk Free! The Crown Hastings*

64-66 All Saints Street

Morning Flow Yoga

10.00am-11.00am Bank House Studio,

*karen@yoga-by-the-sea.co.uk***Yoga to run with w/ Hannah**

10.15am-11.15am Madre, Peachy

£9.00 hola@madre-sl.com

Saturday Recess Art Club

10.30am-12.30pm, £6.50 (adults free)

Art in the Park Community

Hub, Alexandra Park

Ages 10+

*info@artsonprescription.org***Chess Club**

2.00pm-4.00pm

The Common Room, Eagle House,

27-29 Cambridge Rd, Hastings

An amateur club.

*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