

Friday 27 September to Thursday 10 October 2024

Your Pull-Out Guide
to What's Happening
in Hastings

The HIP List

Cat, from Gary Willis' forthcoming
project on homelessness: *No Home
No Hope*, which will show in Room
5, St Andrews Mews, from 3 October

Hastings
Independent

The HIP List

MUSIC

Friday 27 September
Wotsit Called Fest Night 1
6.00pm - The Crypt, 57 Robertson St
Shooting Daggers/ Pink Suits/ Haest and more!
Live on the Walkway with Column 258
7.00pm - Saint Andrews Market, St Andrews Market, 1 Waldegrave St
Lawn Chair + Florescent
7.30pm - The Piper, 1 Norman Rd
Kitten Kaboodle
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Rebecca Tomassi
8.30pm - Barnaby's Lounge, 46 Robertson St

Saturday 28 September
Wotsit Called Fest Night 2
6.00pm - The Crypt, 57 Robertson St
CLT DRP/ Bobby Funk/ Killdren and more!
Loose Ends Trio
1.00pm - Barnaby's Lounge, 46 Robertson St
Tim Holehouse instore
2.00pm - Tough Love St
Leonards, 73 Bohemia Rd
Experimental acoustic show - check *@tough-lovestleonards* for shows
Rebel Gentlemen
4.00pm - Albion Hastings, 33 George St
Marky Dawson Solo Piano
4.00pm - Barnaby's Lounge, 46 Robertson St
Johnny Depford/ Vince Ray Loser Machine
6.00pm - The Jenny Lind Inn, 69 High St
Punk/ Rockabilly double header
Morris, Coulter & Willis
7.30pm - Henry Ward Hall, 45 Robertson St
Sarah G and the Other 3
8.45pm - The Nags Head, 8-9 Gensing Rd
Tin Whisky band
8.45pm - The Clarence, 57 Middle St
TBelly Duo
9.00pm - Barnaby's Lounge, 46 Robertson St

Sunday 29 September
Bjorn Blues Duo
1.00pm - Barnaby's Lounge, 46 Robertson St
Something Sleeps
4.00pm - The Jenny Lind Inn, 69 High St
Complete Unknowns
4.00pm - Stag Inn, 14 All Saints' St
The Chandeliers
4.00pm - Old King John, 39-41 Middle Rd
Take It Easy presents Suedehead Sunday
4.00pm - Twelve Hundred Postcards, 80 Queens Road
Hosted by DJ Lee

Urgent Orange
4.45pm - Lord Nelson Public House, The Lord Nelson, 1 E Bourne St
The Telescopes
7.30pm - The Piper, 1 Norman Rd

Tuesday 1 October
Traditional Irish Music Session
8.30pm - Albion Hastings, 33 George St

Wednesday 2 October
Americana/ Bluegrass Session
8.45pm - Stag Inn, 14 All Saints' St

Thursday 3 October
Moving Pictures - A Tribute to the Music of Rush
7.30pm - White Rock Theatre, White Rock

Friday 4 October
Brave Rival
6.30pm - The Carlisle, 24 Pelham St
Megan Leigh Mason
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Dom Pipkin
7.30pm - Kino-Teatr, 43-49 Norman Rd
This Ain't a Scene
8.00pm - The Pig's Palace, 37 White Rock
Emo, pop-punk, rock and metal.
Kevin Devine
8.00pm - The Piper, 1 Norman Rd
Fabulous Red Diesel
8.30pm - Queens Head, 19 Landgate
Louise Fletcher and Catrina
8.30pm - Barnaby's Lounge, 46 Robertson St
bunnka.03
9.00pm - The Printworks
Underground electronic dance.

Saturday 5 October
Kevin Brown at Mike's Shop
7.30pm - 74 Norman Rd
This Month (*mikeslist.uk*)
Hastings Hot Rod n' Roll
4.00pm - The Jenny Lind Inn, 69 High St
Five hrs of bands: rockabilly, blues, rock n' roll.
Dave Ferra Solo Gtr
4.00pm - Barnaby's Lounge, 46 Robertson St
Steve Hewitt
6.00pm - Dayglo Studios, 20 Silchester Rd
Oysterband & June Tabor - A Long Long Goodbye
7.30pm - De La Warr Pavilion, Marina, Bexhill
The Normans
8.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Smash the Buffet
8.30pm - The Royal Albert, 293 Battle Rd

Rocking Ambassadors
8.30pm - East Hastings Sea Angling Association and Social Club, The Stade

Sunday 6 October
The Acoustic Joes
4.00pm - Barnaby's Lounge, 46 Robertson St
Dead Rabbits
4.00pm - The Royal Oak Pett, Pett Rd, Pett
Stone Junction
4.00pm - The Nags Head, 8-9 Gensing Rd
Jamie Smart
4.00pm - Porters, 56 High St
Silver Hill
5.00pm - Stag Inn, 14 All Saints' St
Ragati String Band
5.00pm - Lord Nelson Public House, The Lord Nelson, 1 E Bourne St
Silver Hill
5.00pm - Stag Inn, 14 All Saints' St

Tuesday 8 October
Scouting for Girls + Callum Beattie, Vince Freeman
7.00pm - De La Warr Pavilion, Marina, Bexhill

Thursday 10 October
Toby Lee
6.30pm - The Carlisle, 24 Pelham St

REPEATING EVENTS

Sundays
BYO Vinyl Night
7.00pm - The Jenny Lind Inn, 69 High St

Mondays
Just Landed
7.30pm - The Jenny Lind Inn, 69 High St
A monthly residency of alien blues.

Tuesdays
Traditional Folk Open Sessions
8.30pm - Stag Inn
Sounds at the Hound Open Mic
7.00pm - Cactus Hound Bar, 33 - 35 Western Rd
Weekly Open Mic Night, hosted by Steve Didge
Albion Skiffle Company
8.30pm - Albion Hastings, 33 George St
Open acoustic music session.

Wednesdays
Open Mic
7.00pm - The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge
Cracklin' Griffins
7.00pm - The Seadog, 32 Station Rd
Unplugged folk rock sessions

The Kukes
8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Ukulele band based in Bexhill-on-Sea playing an eclectic mix of songs.

Thursdays
Simon and the Pope
6.00pm - Dayglo Studios, 20 Silchester Rd
First Thursday every month
Open Mic Night
7.00pm - The Pig's Palace, 37 White Rock
Open Mic
7.45pm - The Nags Head, 8-9 Gensing Rd
Shanty Night
8.30pm - The Jenny Lind Inn, 69 High St
Grab a pint, grab a lyrics sheet and join in.
The Jazz Organisation
8.00pm - NUR Restaurant & Lounge, 13 Robertson St

Fridays
Custard Caravan
4.00pm - Barnaby's Lounge, 46 Robertson St
Last Friday every month. A "bunk off" Friday variety show hosted by Louise Whitham and Danny Brittain.
Dine with Music
6.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Full menu plus specials. Guest singers begin from 7.30pm.
McNiff's Folk Sundowner
5.00pm - The Jenny Lind Inn, 69 High St
Weekly acoustic strand with a different guest featured every Friday
The Get Down
7.00pm - The White Rock Hotel, 1-10 White Rock
Monthly Funk music event

Saturdays
The Coffee House Sessions
5.30pm - Hanushka Coffee, Robertson St
Free entry. Jason McNiff and friends present.

PERFORMANCE

Friday 27 September
The Life & Rhymes of Archie and Mehitabel
7.00pm - Tadhg Mae Projects, 51a George St
Myra Dubois - Be Well
7.30pm - White Rock Theatre, White Rock
Hastings XL Comedy Club
7.30pm - White Rock Theatre, White Rock
Joel Dommatt, Nick Helm, Leroy Britto & MC Darius Davies
Evening Recital by Curtis Phill Hsu, Winner of the 2024 HIPCC
7.30pm - Kino-Teatr,

43-49 Norman Rd
Forbidden Fruit Drag Show - Martha d'Arthur
9.30pm - The Forbidden Fruit, 22 Grand Parade

Saturday 28 September
The Life & Rhymes of Archie and Mehitabel
7.00pm - Tadhg Mae Projects, 51a George St
Forbidden Fruit Drag Show - Lovinia Belle
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 29 September
Journeys Festival of Dance Featuring: Black Victorians (Free Event)
12.30pm - De La Warr Pavilion, Marina, Bexhill
Ed Gamble - Hot Diggity Dog
7.30pm - White Rock Theatre, White Rock

Monday 30 September
Mendelssohn, Mozart & More: String Quartets
7.30pm - White Rock Theatre, White Rock

Thursday 3 October
An Evening with Gunther Steiner
7.30pm - De La Warr Pavilion, Marina, Bexhill
A conversation with the star of the docuseries Drive to Survive.

Friday 4 October
An Audience with Lucy Worsley on Jane Austen
5.30pm - De La Warr Pavilion, Marina, Bexhill

Saturday 5 October
Hagstone Stunners: Monstrous Feminine - Drag Wrestling Cabaret
7.30pm - Stade Hall, The Stade
Guess Who Comedy Night
7.30pm - Electric Palace, 39A High St
Forbidden Fruit Drag Show - Marilyn Fockhard
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 6 October
Folk Odyssey: Lodestar Trio & United Strings of Europe
5.00pm - Christ Church St Leonards, Silchester Rd

Wednesday 9 October
Coffee Concert: Kianush Robeson - Classical Guitar
11.00am - Kino-Teatr, 43-49 Norman Rd
The Noise Next Door - Freewheeling
8.00pm - White Rock Theatre, White Rock

Thursday 10 October
Bard Times
7.30pm - The Stables

Theatre, The Bourne
She Choir Hastings - Thunder, Lightning and Dirt
7.30pm - White Rock Theatre, White Rock

REPEATING EVENTS

Tuesdays
Meet Me at Dawn
7.30pm - The Stables Theatre, The Bourne

Wednesdays
Meet Me at Dawn
7.30pm - The Stables Theatre, The Bourne
Poetry, Music and Comedy Night
8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Sensational acts lined up and hosted by the wonderful Tara Valentine, prepare to be entertained.

Thursdays
Meet Me at Dawn
7.30pm - The Stables Theatre, The Bourne

Fridays
The Life & Rhymes of Archy and Mehitabel
6.30pm - Tadhg Mae Projects, 51a George St
Hour of satirical verses. Ticketed.
Palmerama's Comedyrama Stand Up Comedy Night
8.00pm - Tin Tins, 21 Robertson St
Meet Me at Dawn
7.30pm - The Stables Theatre, The Bourne

Saturdays
Meet Me at Dawn
7.30pm - The Stables Theatre, The Bourne

ART

Arthur Parry - Scenes and People
Until 28 September
Stables Theatre Art Gallery
Callum Hill - E Minor
Until 19 January 2025
De La Warr Pavilion, Bexhill
Corinne Corbett-Thompson Exhibition
Until 12 January 2025
Hastings Museum & Art Gallery, Bohemia Rd
Harmeeet Rahal
Until 30 September
Flatland Projects, Beeching Rd Studios, Bexhill
Immortal Apples, Eternal Eggs
Until 16 March 2025
Hastings Contemporary, The Stade
Jamie Atherton - Slow Creep
Until 12 October
Project 78 Gallery,

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Norman Rd
Jeremy Llewellyn-Jones - Defence of the Realm
Until 12 October
Solaris Gallery, Norman Rd
Jo Israel - On the Edge of Nothingness
Until 6 October
Hastings Museum & Art Gallery, Bohemia Rd
Kate Delaney - Public House
Until 29 September
The Crown Pub, All Saints St
Margaret Roberts & Robert Thompson - Grounded
Until 29 September
Hastings Arts Forum, Marine Court
Michelle Mildenhall - Glam or Horror?
5 October until 1 January 2025
St. Leonard Pub, London Rd
Mike Silva
Until 19 January 2025
De La Warr Pavilion, Bexhill
Photo Hastings Exhibition
1 until 13 October
Hastings Arts Forum, Marine Court
Richard Platt - A Window on Hastings
4 until 30 October
The Crown, All Saints St
Sono-Electro Sonic Arts Festival
Until 29 September
Electro Studios, Sea Rd
St Leonards Art School Students' Exhibition
Until 4 October
Kassa Cafe, Marine Parade
Shape of Things - Russell Baker & Mark Godwin
Until 31 October
Baker Mamonova Gallery, Kino-Teatr, Norman Rd
Tschabalalal Self: Seated
Until 29 September
De La Warr Pavilion (Lawn), Bexhill
Zoom Arts Exhibition
30 September until 31 October
The Almonry, High St, Battle

CINEMA

Friday 27 September
Paul McCartney and Wings – One Hand Clapping UK
3.00pm - Kino-Teatr, 43-49 Norman Rd
Mutiny in Heaven
7.30pm - The Printworks, 14 Claremont
Film and Q&A about the Birthday Party. Ticketed.
Orlando My Political Biography + Intro with Dickon Edwards
7.30pm - Electric Palace, 39A High St

Saturday 28 September
Derek Jarman Film Day - Screenings & Conversations
11.00am - Electric Palace, 39A High St
Derek Jarman Film Day - Screenings & Conversations
2.30pm - Electric Palace, 39A High St
Firebrand
3.00pm - Kino-Teatr, 43-49 Norman Rd
Derek Jarman Film Day - Screenings & Conversations
7.30pm - Electric Palace, 39A High St
Firebrand
7.30pm - Kino-Teatr, 43-49 Norman Rd

Sunday 29 September
Pig at the Crossing
11.30am - Electric Palace, 39A High St
Firebrand
2.00pm - Kino-Teatr, 43-49 Norman Rd
In the Dark - Live Listening Event
2.30pm - Electric Palace, 39A High St
The She Creature
7.30pm - Electric Palace, 39A High St

Monday 30 September
Bad Boys: Ride or Die
7.30pm - The Forbidden Fruit, 22 Grand Parade

Wednesday 2 October
From Desmond's to Rye Lane: Black British Television & Film
7.00pm - De La Warr Pavilion, Marina, Bexhill

Thursday 3 October
Younger + Short Film 'Older'
11.00am - Electric Palace, 39A High St
Younger + Short Film 'Older'
7.30pm - Electric Palace, 39A High St
Bacon, Deakin and the 1960s Arts Scene
7.30pm - Kino-Teatr, 43-49 Norman Rd

Friday 4 October
Firebrand
12.00pm - Electric Palace, 39A High St
The Addams Family + Stage Makeup Workshop
4.00pm - Electric Palace, 39A High St
The Breakfast Club
7.30pm - Electric Palace, 39A High St

Sunday 6 October
Sunday Classics - Mulholland Drive
11.30am - Electric Palace, 39A High St

Wednesday 9 October
Lee
7.30pm - Kino-Teatr, 43-49 Norman Rd

Thursday 10 October
Firebrand
11.00am - Electric Palace, 39A High St
Firebrand
7.30pm - Electric Palace, 39A High St
Repeating Events

Mondays
Movie Mondays
7.30pm - The Forbidden Fruit, 22 Grand Parade
Contact venue for film details

SPORT

Tuesday 1 October
Football: Hastings Utd v Chatham Town - Isthmian Premier League
7.45pm - The Pilot Field
United Football Club, Elphinstone Rd

Thursday 3 October
Motor Racing: An Evening with Guenther Steiner
7.30pm - De La Warr Pavilion, Marina, Bexhill

Sunday 6 October
Tennis: Amherst Ladies v Southdown - Sussex Winter Doubles Div 2
10.30am - Amherst Gardens
Tennis: Amherst Men v Sussex County LTC
10.30am - Amherst Gardens

ACTIVE SPORT

Sundays
Table Tennis
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Indoor Bowls
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Mondays
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
Adult class £5.60, hosted by Cathy Bargh
Booking *freedom-leisure.co.uk*
Active Hastings Walking Football
6.00pm - TN34 2LD, Lower Park Rd
Alexandra Park Multi-Use Games Area £2 Adults 50+
Booking *eequ.org/experience/6144*
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd
£5 Adults, young people,

beginners welcome
hastingsymcabadmintonclub.co.uk
Disability Cricket with Sussex Cricket
5.00pm - Horntye Park Sports Complex, Bohemia Rd
sussexcricket.co.uk/super-1s-hub
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 Adults Booking *www.freedom-leisure.co.uk*

Tuesdays
Judo with Hollington Judo Club
6.15pm - Hollington Community Centre, 1 Wishing Tree Rd N
£3.50 from reception to year 6. Contact Neil Chalcraft *07858 412184*
Judo with Hollington Judo Club
7.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
For children in years 7-11 contact Neil Chalcraft *07858 412184*
Judo with Hollington Judo Club
8.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
£5 Adults. Contact Neil Chalcraft
Badminton
6.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 or £4.70 with a Leisure Pass. Booking: *01424 457691*
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd
£4 to members or £5 for more info visit *hastingsymcabadmintonclub.co.uk*

Wednesdays
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: *www.freedom-leisure.co.uk*
Pickleball
3.00pm - Summerfields Leisure Centre, Bohemia Rd
£3 for all ages and abilities. Booking *freedom-leisure.co.uk*
Badminton
7.00pm - Summerfields Leisure Centre, Bohemia Rd
Adults £5.60 Booking *freedom-leisure.co.uk*
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd
Welcomes players of all

ages and abilities £5
Register
LTA Walking Tennis
11.00am - Alexandra Park Tennis Courts
£3 per session. Older people with long term health conditions. Tennis at your pace! Book: *clubspark.lta.org.uk*
Bexhill Mixed Outdoor Rounders
7.00pm - Down Road, Down Rd, Bexhill
Book: *eequ.org/experience/3462*. Enquire for fees/free games and bookings: *hastingsrounders@gmail.com*
Hastings Pirates Baseball Club
7.00pm - Claremont Preparatory School, Ebdens Hill, Westfield
Free for your first session (£6 per session after that)
hastingsbaseball.co.uk

Thursdays
Hastings Women's Park Rounders
6.30pm - Alexandra Park, St Helen's Rd
Between Dordrecht Way and Eat Cafe in Alexandra Park. For women of all ages booking and more info: *hastingsrounders@gmail.com*
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: *freedom-leisure.co.uk*
Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Heart and Sole Runners
7.00pm - Grosvenor Gardens

Fridays
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk or visit the centre
Adults Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60 Details and booking: *freedom-leisure.co.uk*
Hastings YMCA Badminton Club
7.45pm - The Y Centre, 26 St Paul's Rd
Adults, young people, beginners welcome £5 to non-members. Must have attended Tuesday class. More info: *hastingsymcabadmintonclub.co.uk*

EVENTS & ACTIVITIES

Friday 27 September
Wotsit Called Fest Crazy

Golf Tournament
2.30pm - Hastings Miniature Golf, Pelham Pl
OKtoberfest at the DLWP
6.00pm - De La Warr Pavilion, Marina, Bexhill

Saturday 28 September
Afternoon Delight
2.00pm - White Rock Theatre, White Rock
OKtoberfest at the DLWP
6.00pm - De La Warr Pavilion, Marina, Bexhill

Sunday 29 September
Dr Owen Johnson's Tree Walk and Talk
10.30am - Alexandra Park, St Helen's Rd
Autumn Equinox Milonga
7.00pm - The Stade, Rock-a-Nore Rd
1066 Tango party, £12 incl food and drinks.

Monday 30 September
The Return of Beyond Imagination and Limits 2
7.00pm - De La Warr Pavilion, Marina, Bexhill

Friday 4 October
Hastings Tap Takeover
Friday 4 October - Independent beers abound!

Thursday 10 October
How to build off-grid solar systems
6.00pm - Central Hall, 6, Bank Buildings, Station Rd
Free workshop for beginners.

REPEATING EVENTS

Sundays
Hastings Beach Meditation
9.00am - Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade
40mins quiet meditation on beach opposite. Check Hastings Beach Meditation on Facebook.
Oktoberfest at The Crown
12.00pm - The Crown, 64-66 All Saints' St
German food & beer specials served 12 til 4, 5 till 9.
RSPB Dungeness Open Days
10.00am - RSPB Dungeness, Boulderwall Farm, Dungeness Rd
Pokemon League
1.00pm - Table Flip, 201 Queens Rd
Play packs for entry and prizes to be given.

Mondays
Volunteering: Hidden Eden Wellbeing Garden
10.15am - 27 Parsons Cl

The HIP List

Craig’s Cabin asks for volunteers to turn this green community space into a sensory garden. Each Monday. craigscabin87@hotmail.com
Monday Night Quiz
8.00pm - Stag Inn, 14 All Saints’ St
Teams of up to 6, £2 p/p entry fee and prizes for winning and losing teams. Message/call if you’d like a table 01424 438791.
Pop Quiz
7.30pm - The Piper, 1 Norman Rd
Dave Valentine your Host
Overeaters Anonymous
7.30pm - Clifton Centre, 1 and 2 Stainsby St

Tuesdays
Sew It’s Tuesday
7.00pm - 161 Bexhill Rd
Share your crafting sewing, crochet, knitting or anything in between sewitstuesday@outlook.com
Sound Waves Community Choir
7.30pm - Salvation Army, 26 St Andrew’s Square
Free taster session. No auditions. admin@soundwaveschoir.org.uk
Original OHPS Old Town Walks 2024
2.30pm - The West Hill Cafe, Castle Hill Rd
Walking tour of the Old Town. £6. ohps.org.uk/walks
Bingo Night
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: 01424 434326.
Ruxley’s Crew Morris
8.15pm - West Hill Community Centre, Croft Rd
Morris dancing - with a Hastings pirate twist! Contact: crewruxleys@gmail.com

Wednesdays
Busy Bees Singalong
10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N
Free parent/carer toddler sing-a-long group, families with under 5s. Term time only. For info: EHHastingsStLeonards@eastussex.gov.uk
Men’s Walk and Talk
7.00pm - Azur, Marina Pavillion, 44-37 Marina
Meet at Azur for a leisurely walk along the seafront with time to chat. For info or to book: Hannah Richards hannah.richards@mindcharity.co.uk or 07510927978.
The Class Choir
7.00pm - The Unitarian Church
Friendly, fun, uplifting Women’s choir. Free taster sessions, no music reading or auditions. theaclass.org

choir@gmail.com
Community Open House
11.00am - Afri-Co-Lab, 3, Marine Court
Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! afri-co-lab.org
Bexhill Mixed Indoor Rounders
7.00pm - Bexhill College Sports Centre, Penland Rd, Bexhill
Hastings Rounders. Enquire for fees/free games and bookings: hastingsrounders@gmail.com

Thursdays
Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hastings-townsingers.co.uk
Hastings Mixed Indoor Rounders
7.00pm - Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd
Hastings Rounders. Fees/free games and bookings at hastingsrounders@gmail.com
A Load of Poets
7.30pm - Twelve Hundred Postcards, 80 Queens Rd
Poetry open mic night. Contact @loadofpoets on Instagram.
Pub Quiz
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Free entry plus prize money to be won!! Booking recommended:

Fridays
Oktoberfest at The Crown
12.00pm - The Crown, 64-66 All Saints’ St
German food & beer specials served 12 til 4, 5 till 9.
Singing Down Memory Lane
10.30am - St. Augustine’s Church Hall, Bexhill-on-Sea, St Augustine’s Close, Cooden Dr, Bexhill
Free singing group for people with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. discdementiasupport.org
Broomgrove Youth Club Sessions
4.30pm - Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev 07732 823800

Saturdays
Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still

available. stleoschurch.co.uk
Oktoberfest at The Crown
12.00pm - The Crown, 64-66 All Saints’ St
German food & beer specials served 12 til 4, 5 till 9.
Gravity & Grace
2.30pm - Clifton Centre, 1 and 2 Stainsby St
Taking care of mind, body & soul with the Alexander Technique. Booking not required, Suggested donation £5. contact Chris livingtenderly@yahoo.co.uk
Hastings Library of Things
10.00am - Hastings Town Hall, Station Rd
Borrow tools and useful items - bolt cutters to sewing machines, tents to trombones. Find out more: umbrellasussex.org.uk.
Heritage Explorers
10.00am - Christ Church St Leonards, Silchester Rd
Free drop-in family art & heritage activities.
Thai food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm - Clifton Centre, 1 and 2 Stainsby St
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! Read more at MeetUp.com.

ST. LEONARDS CHURCH SATURDAY MARKET

– INDOOR STALLS SELLING –

Arts, Crafts, Antiques & Collectibles
Vintage Chic, Clothes & Jewellery
Tarot Readings & Reiki Healing
– ALSO –
Barista Coffee & Jamaican Food

OPEN EVERY SATURDAY
10am to 4pm

Find us at Saint Leonards Church
London Road (corner Pevensey Rd)
Saint Leonards-on-Sea TN37 6AS

CLASSES & WORKSHOPS

Friday 27 September
Life Drawing Live Music @ The Horse and Groom
8.30pm - The Horse & Groom, 4 Mercatoria
Draw musicians as they play live and unrehearsed

£10 per person on the door
- Some drawing materials provided stleonardsart-school.com

Saturday 28 September
Group Breathwork Workshop
6.00pm - The Humble Hub, 4-5 Shepherd St
£28 Rachel Bednarski, the-humblewarrior.co.uk

Sunday 29 September
Big Energy Yoga
3.00pm - The Humble Hub, 4-5 Shepherd St
£22 Hannah Almond Barr, the-humblewarrior.co.uk
Moon Meditation & Soundbath
7.30pm - The Humble Hub, 4-5 Shepherd St
£15 Jo Allen, the-humble-warrior.co.uk

Thursday 3 October
FREE - Volunteer Training Day With - ‘A Touch of Gentleness’
9.45am - 5 Harold Pl
Training volunteers to give a soothing, therapeutic hand and arm massage whilst listening with a gentle presence. For information or to join please go to atouchofgentleness.org

REPEATING EVENTS

Sundays
Yoga Flow
9.15am - Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk.
Sunday Brunch-time Kid’s Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
Join Arts Educator Charlotte CHW for art projects every week! 5-10yrs. £5, drop-in or stay full 2 hours. Contact: c.hwatts.art@gmail.com
Gardening Workshop
12.00pm - 161 Bexhill Rd
Monthly workshop, pay what you can afford at the Compound Community Garden.
Regency Dance Workshop
2.00pm - St Peter & St Paul Church, Parkstone Rd
Monthly. Visit Hastings Historical Dance Group on Facebook or contact: dianadancer@btinternet.com
Yin Yoga
3.00pm - Hot Yoga Hastings, 21 St Peter’s Rd
Mindful yoga with mat-based pilates. Find out more: hotyogahastings.co.uk
Relax & Renew,

Restorative Yoga
3.00pm - St Leonards Studio, Royal Victoria
Monthly only - contact: karen@yoga-by-the-sea.co.uk
Big Yin Energy Yoga
3.00pm - The Wellington Centre, 44 Wellington Square
A session designed to restore the nervous system. £15. Find out more: www.madre-sl.com
Dynamic Anatomy Yoga
7.00pm - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online dynamicanatomy.co.uk/yoga
Moon meditation & Soundbath
7.30pm - The Humble Hub, 4-5 Shepherd St
£15 Jo Allen, 4th & 18th August, The Humble Warrior, the-humblewarrior.co.uk

Mondays
Gentle Flow Yoga
7.45am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Start your week well with this gentle and inclusive yoga class. £10. Info: twigtea.com
Monday Morning Meditation
8.00am - The Humble Hub, 4-5 Shepherd St
£6 Jo Allen the-humblewarrior.co.uk
Kettlebells
9.15am - Isabel Blackman Centre, Winding St
Full body strength class. Register: isabelblackmancentre.co.uk
Slow Flow Yoga (Open Level)
9.30am - St Leonards Studio, Royal Victoria
Contact: karen@yoga-by-the-sea.co.uk
Pilates
9.30am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, the-humble-warrior.co.uk
Beginners Vinyasa Flow
9.30am - Hot Yoga Hastings, 21 St Peter’s Rd
hotyogahastings.co.uk.
Cygnets Swans
9.45am - Isabel Blackman Centre, Winding St
Ballet for beginners. Register: isabelblackmancentre.co.uk
Circuits
10.00am - Isabel Blackman Centre, Winding St
Cardio and weighted exercise. Register: isabelblackmancentre.co.uk

Art Classes for Adults
10.00am - St John’s Church, Pevensey Rd
All levels. £23 per session

or cheaper for block/term. Website: sjflack.art

Hastings Knitters
10.00am - White Rock Theatre, White Rock
ajwright54@yahoo.com
Yoga Over 60 – maintaining movement
11.00am - St Leonards Studio, Royal Victoria
Contact: zowie@stleonards.studio
Choir Practice!
11.00am - The Chapel of Christ’s Stillness, Moon Cottage
New singers of all ages welcome. thechapelof-christsstillness.co.uk
Silver Swans Ballet
11.00am - Isabel Blackman Centre, Winding St
No experience required. Register: www.isabelblackmancentre.co.uk
Jazz Singing Class
11.30am - 48 Kings Rd
£260 for 10 week course with accompanists and end of term gig. Contact donnacanal@icloud.com and 07956 222518 for bookings.
Cancer Rehab
1.00pm - Isabel Blackman Centre, Winding St
Visit: isabelblackmancentre.co.uk
Inclusive Dance for Adults with Complex Needs
1.45pm - Hastings Centre, The Hastings Centre the Ridge
£5 Register dancehastings@gmail.com
LGBTQ+ social meet
2.15pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Chair Yoga
3.00pm - Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Origami
3.00pm - Isabel Blackman Centre, Winding St
Silver Swans Ballet Class
4.00pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie on 07704 711772.
Drum Club
4.15pm - West Hill Community Centre, Croft Rd
£6.50. Booking essential. For 15–16-year-olds. Contact: juliansambadrums@gmail.com
Beginners Pointe Class
5.30pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie 07704 711772.
Multi level Pilates
5.30pm - Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Darragh Dance
5.30pm - Afri-Co-Lab, 3,

Crossword Solution No 258:
Across: 1. Leaves 3. Sepsi-S (anagram) 4. Donuts (anagram) Down: 1. Landed 2. Dirges (anagram)

Marine Court
£10, £5 concessions. Get your joy on with movement director and choreographer Darragh O'Leary. Afri-co-lab.org.

Meridian Yoga and Self Shiatsu with Steph
6.00pm - St Leonards Studio, Royal Victoria
Contact: steph@stleonards.studio

Dynamic Vinyasa
6.00pm - The Humble Hub, 4-5 Shepherd St
£10 Hannah Almond Barr, the-humblewarrior.co.uk

Candlelit Yoga
6.00pm - All Saints Hall, 142 All Saints' St
oldtownyoga.co.uk

Beginners Vinyasa Flow
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk

Martial Arts Free Trial Lesson
7.00pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required. Find out more at martialartshastings.com

Yoga for Men's Health
7.00pm - Play Sport Fitness Hub
£3. Book via: eequ.org/experience/3120

Argentine Tango Absolute Beginners 6 week course
7.00pm - The Piper, 1 Norman Rd
£45 pp or £80 as a couple. Contact Phoebe pennnythepoetess@yahoo.co.uk

Hastings Punk Choir
7.00pm - Electric Palace, 39A High St
(And generally a drink or two in the Jenny Lind afterwards)

Ballet Barre
7.15pm - Hastings Old Town
oldtownyoga.co.uk

Kundalini Yoga & Meditation with Yeli
7.30pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happinessholistichealth.uk

Beginners Pole Class
7.30pm - The Humble Hub, 4-5 Shepherd St
FREE ActiveCherry, the-humblewarrior.co.uk

Jazz Singing Class
7.30pm - 48 Kings Rd
£260 for 10 week course with accompanists and end of term gig. Contact donnacanal@icloud.com and 07956 222518 for bookings.

Intermediate Pole Class
8.30pm - The Humble Hub, 4-5 Shepherd St
FREE ActiveCherry, the-humblewarrior.co.uk

Tuesdays
Ashtanga Yoga - Assisted Self Practice
7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15 ashtangayogahastings@gmail.com

Rise & Shine Yoga
8.00am - The Humble Hub, 4-5 Shepherd St
£10 Kareena Lawson, the-humblewarrior.co.uk

Intermediate Pilates
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Daoist Qi Gong
9.00am - St Leonards Studio, Royal Victoria
andreacorsoQG@yahoo.com

Pilates: with a roller, with Sally Paffard
9.00am - Via Zoom
sallypaffard@gmail.com

Pilates with Lucy Paffard
9.30am - Via Zoom
lucypaffard@gmail.com

YOYO Arts Club
10.00am - Art in the Park, Alexandra Park

Beginners French
10.00am - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Art Classes for Kids
10.00am - 12 Maze Hill
£12 per child - All materials included. Email Theresa Stleonardsart-school@outlook.com

5 Rhythms Dance
10.00am - The Humble Hub, 4-5 Shepherd St
£15 Emma Dance, the-humblewarrior.co.uk

5 Rhythms Movement Metaphor
10.00am - Crown House, Marina
£15 or £12 concession, £10 for beginners info@artsonprescription.org

Creating a healthier you
10.00am - Broomgrove Community Centre, 85 Chiltern Dr
Free. Book via: eequ.org/activehastings

Developing Your Craft
10.00am - 7 Trinity St
Hastings Writers' workshop, 10-week coursewritersworkshop.com

The Crown Knitters
10.30am - The Crown, 64-66 All Saints' St
Weekly group who knit lovely things to sell for local charities
thecrownhastings.co.uk/events

Conversational French
11.00am - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Needle Felt
11.00am - Isabel Blackman

Centre, Winding St
isabelblackmancentre.co.uk

Art Classes for Adults
11.00am - 12 Maze Hill
£13.50 per person - All Materials Included. Email Theresa Stleonardsart-school@outlook.com

Hot Yoga Hastings
11.00am - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk

Needle Felt 2
1.00pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Brain Function Fitness
1.00pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Introduction to Mosaics
1.00pm - Ore Community Centre, 455 Old London Rd
For info email: mosaicm-larky@gmail.com

Online Chair Yoga
2.00pm - Via Zoom sueyoga1066@gmail.com

Art & Social Club
2.00pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Hand Embroidery with Lady B Embroidery
2.00pm - 53 London Rd
Also Wednesdays 6.30pm-7.30pm

Conversational French lessons
2.00pm - Ore Community Library, Old London Rd
£7 email: french.tutor.1066@gmail.com

Women's Community wellbeing Yoga
2.00pm - The Humble Hub, 4-5 Shepherd St
Donation based, Seraphina, the-humblewarrior.co.uk

Weight Training Beginners
3.00pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Ore Youth Club Sessions
4.30pm - Ore Community Centre, 455 Old London Rd
Register and find out more: sarah.adams@freshvisions.org.uk

T'ai-Chi Ch'uan
4.45pm - The Humble Hub, 4-5 Shepherd St
Christopher Hamblin, the-humblewarrior.co.uk

Knitting Yarns
5.00pm - Sugarpie Honeybuns, 235 London Rd
Contact Rachel: 07397 794879

Traditional Yoga
5.00pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Gary Marriott's Tune up Tuesdays
5.15pm - Town Centre Text
07986 911083 for info

Pilates with Sally Paffard
5.30pm - West Hill Community Centre, Croft Rd
Small class, contact Sally: 07973 530911

Feel better with Therapeutic Movements
5.30pm - Salvation Army Hall
Suitable for all ages contact Sigrid qigongsigrid@gmail.com

Weighted Neuro Gym Session
6.00pm - Elphinstone Road, Elphinstone Rd
Play Sport Fitness Hub £3 or pay what you can To book: eequ.org/experience/6816

Sunset Flow with Hannah
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£9.00 hola@madre-sl.com

Comedy Improv Drop In Class
6.00pm - Cake Room, 30 Robertson St
£16

Hatha Vinyasa Yoga
6.00pm - The Humble Hub, 4-5 Shepherd St
£10 Veronica Hare, the-humblewarrior.co.uk

Silver Swans Ballet Class
6.30pm - Ore Community Centre, 455 Old London Rd
Contact Annie: 07704 711772

Vinyasa Flow
6.30pm - Bank House Studio - kar-en@yoga-by-the-sea.co.uk

Lino Printing Evening Course
6.30pm - Bus Stop Studios, 53 London Rd
busstopstudios.com/classes

Dynamic Vin to Yin Yoga
7.30pm - The Humble Hub, 4-5 Shepherd St
£10 Hannah Almond Barr, the-humblewarrior.co.uk

Buddhist Meditation

Class
7.30pm - Saint Nicholas Centre, St Nicholas Centre, London Rd
£9/£7 conc. Term time only, Maitreya Buddhist Centre meditateinsussex.org

Seen on Screen Dance with Rosie
7.45pm - The Y Centre, 26 St Paul's Rd
£10 on the door. Visit: sos.dance

Country Dancing
7.45pm - Saint Matthews Church Centre, St. Matthews Church Centre, London Rd
hastingscountrydanceclub.org.uk

Wednesdays
Yoga Flow
7.30am - The Humble Hub, 4-5 Shepherd St
£10 Rachael, Elevate Yoga, the-humblewarrior.co.uk

Yin & Yang Yoga
9.00am - The Humble Hub, 4-5 Shepherd St



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The HIP List

£10 Joanna Allen, *the-humblewarrior.co.uk*
Pump & Tone
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Adventures Through Movement and Music (0-2 years)
9.00am - Mini Playhouse, 26 White Rock
£4 (after free trial). *pitterpatterarts@gmail.com*
Seated Strength Exercise Class
9.15am - Elphinstone Road, Elphinstone Rd
eequ.org/experience/8223.
Imaginative Ballet (2-4 years)
10.00am - Mini Playhouse, 26 White Rock
£4 (after free trial). *pitterpatterarts@gmail.com*
Qigong
10.00am - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Wellbeing Wednesdays
10.00am - Art in the Park, Alexandra Park
Pay as you can. Creative activities with a focus on enhancing your wellbeing. *info@artsonprescription.org*
Crowninos Kids Group
10.00am - The Crown, 64-66 All Saints' St
£6 per family unit. Songs, stories and vibes. For 0-4 year-olds and their carers.
Spanish – Adult Beginners
10.00am - First floor, 7 Cambridge Rd
£15 Classes available for all levels. Contact *spanishonseaschool@gmail.com* or Españoles en Hastings FB page.
Parent Toddler Singalong Session
10.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd
Free for children under 5.
Elemental Yoga with Catherine
10.30am - St Leonards Studio, Royal Victoria
£7. Contact: *catherineburnett12@gmail.com*
Aerial Yoga
10.30am - The Humble Hub, 4-5 Shepherd St
£15 Samantha Jane, *the-humblewarrior.co.uk*
Musical Drama (2-4 years)
11.00am - Mini Playhouse, 26 White Rock
£4 (free trial). *pitterpatterarts@gmail.com*

Art Classes for Adults
11.00am - 12 Maze Hill
£13.50 per person - All Materials Included. Email Theresa *Stleonardsart-*

school@outlook.com
Art Classes for Adults
11.00am - 12 Maze Hill
also 12.00pm £13.50 per person - All Materials Included. Email Theresa *Stleonardsartschool@outlook.com*
Parent Toddler Singalong Session
11.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd
Free for children under 5
Qigong Movement Class
12.30pm - Alexandra Park, St Helen's Rd
https://eequorg/experience/8796
Therapeutic Yoga
12.30pm - The Hastings Centre the Ridge, The Ridge
£7 All abilities welcome. *ninayoga.co.uk*
Let's Do Lunch
12.30pm - Isabel Blackman Centre, Winding St
Home-cooked two course menu for under £10. Info: *isabelblackmancentre.co.uk*
Legs Bums & Tums
1.00pm - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Dynamic Breathwork
1.00pm - The Humble Hub, 4-5 Shepherd St
£12 Andrew Dunne, *the-humblewarrior.co.uk*
Hatha Yoga for You
2.00pm - St Leonards Studio, Royal Victoria
Louise@stleonards.studio
HIIT cardio
3.00pm - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Art Classes for Kids
4.15pm - 12 Maze Hill
£12 per child - All materials included. Email Theresa *Stleonardsartschool@outlook.com*
Benbow Youth Film Collective Workshop 11-15yrs
4.30pm - Benbow Arts Space, The Bright Foundation, 2 London Rd
£75 for 9 week course/9 per
Mystical Yoga at The Bale House
4.45pm - The Bale House Visitor Centre, Lower Coastguard Ln, Fairlight
£10. Contact: *enchanted-malas@gmail.com*
Qigong with Sigrid
5.30pm - Greek Orthodox Church of Saint Mary Magdalene
Suitable for all ages. Contact: *qigongsigrid@gmail.com* or *07492 209190*
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra

Academy (Staff entrance), Park Ave
Families welcome.
Booking required: *martialartshastings.com*
Beginners Pole
6.00pm - The Humble Hub, 4-5 Shepherd St
£15 drop in Cherry, *the-humblewarrior.co.uk*
Yoga with Marjolyn
6.00pm - St Leonards Studio, Royal Victoria
07929 577985
Adult Tap Class for Beginners
6.15pm - 7 Mercatoria *kimhaviland@gmail.com*
Laughter Yoga with Bev
6.30pm - The Jenny Lind Inn, 69 High St
Upstairs. Contact: *bev-jones@laughyourselfto-health.com*
Developing Your Craft
6.30pm - 7 Trinity St
Hastings Writers' workshop, 10-week *coursewritersworkshop.com*
Hand Embroidery with Lady B Embroidery
6.30pm - 53 London Rd
busstopstudios.com/classes
Intermediate Pole
7.00pm - The Humble Hub, 4-5 Shepherd St
£15 drop in Cherry, *the-humblewarrior.co.uk*
Zumba
7.00pm - Broomgrove Community Centre, 85 Chiltern Dr
£3 or free for Broomgrove residents. To book: *eequ.org/experience/6591*
Buddhist Meditation and Dharma Teaching
7.00pm - In person and via Zoom. *tsebq.org/local-groups*
Aoi Bara Meditation
7.30pm - Peachy Self Care Studio
Donation only community meditation class. *aoibara-meditation.co.uk*
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. *soulpowerkundaliniyoga.co.uk*
Argentine Tango Social Dance
8.00pm - The White Rock Hotel, 1-10 White Rock
Downstairs bar. £8 for dancers, £3 non-dancers. *pennythepoetess@yahoo.co.uk*
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm - £4. *sallypaffard@gmail.com*
Performance Pole
8.00pm - The Humble Hub, 4-5 Shepherd St
£15 drop in Cherry, *the-humblewarrior.co.uk*

Thursdays
Dynamic Anatomy Yoga
7.00am - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online *dynamicanatomy.co.uk/yoga*
Ashtanga Yoga – Assisted Self Practice
7.15am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. *ashtangayogahastings@gmail.com*
Beginners Mat Pilates
7.30am - The Humble Hub, 4-5 Shepherd St
£9.50 Rosie Lowther, *the-humblewarrior.co.uk*
Gentle Wake Up Yoga
8.00am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Circuits
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Clearing the Way to Abundance - Stillness Flow
9.00am - The Humble Hub, 4-5 Shepherd St
£15 Lee Ring, *the-humblewarrior.co.uk*
Vinyasa Flow
9.30am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Qigong with Sigrid
9.30am - West Hill Community Centre, Croft Rd
Contact: *qigongsigrid@gmail.com*
Yoga at Hastings Contemporary
9.50am - Hastings Contemporary, Rock-a-Nore Rd
oldtownyoga.co.uk
Move It or Lose It!
10.00am, 11.15am-12.15pm - The Hastings Centre the Ridge
£6 per class. First class free. Friendly, low impact exercise for older adults. *lucy.jenner@moveitorloseit.co.uk*
Writing Art
10.00am - 7 Trinity St with Hastings Art School's Julia Kotziamani £180 *hastingswritersworkshop.com*
Circle Dancing
10.30am - Hastings Unitarian Church, 7A South Terrace
£3. Good for body, mind and spirit.
Healthy Joints
10.30am - Isabel Blackman Centre, Winding St
info@artsonprescription.org
Tai Chi for Health and Relaxation
10.30am - St John's Parish Hall, Brittain Rd £5. Stuart *07961 949715*

Pilates
11.00am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, *the-humblewarrior.co.uk*
Boxing for fun
11.45am - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Online Vinyasa Flow with Elena Voce
12.45pm - Classes for all levels. Pay-what-you-can. *yogawithelenavoce.co.uk*
Iyengar Yoga Classes
1.00pm - The Wellington Centre, 44 Wellington Square
Beginners welcome. £10 (£5 for people struggling financially). *howdowebeginagain@gmail.com*
Tai Chi
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Yoga with Marjolyn
3.00pm - St Leonards Studio, Royal Victoria
Contact: *07929 577985*
Pilates (beginners)
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Kid's Aerial Hammocks (Age 7-13)
4.15pm - The Humble Hub, 4-5 Shepherd St
£9 Samantha Jane Yoga, *the-humblewarrior.co.uk*
Benbow Youth Film Collective Workshop (16-19yrs)
5.00pm - Benbow Arts Space, The Bright Foundation, 2 London Rd
£75 for 9 week course/9 per
Aerial Yoga
5.00pm - The Humble Hub, 4-5 Shepherd St
£15 Samantha Jane, *the-humblewarrior.co.uk*
Tilekiln Youth Club Sessions
5.30pm - Tilekin Community Centre
sarah.adams@freshvisions.org.uk. Bev *07732 823800*
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happinessholistichealth.uk

Art Classes for Adults
6.15pm - 12 Maze Hill
also 7.15pm £13.50 per person - All Materials Included. Email Theresa *Stleonardsartschool@outlook.com*

Intensive Workshop Group
6.30pm - 7 Trinity St
Hastings Writers' workshop, 10-week *coursewrit-*

ersworkshop.com
Mandala Vinyasa Flow (Advanced)
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Bus Stop Knit Club - weekly knitting group
6.30pm - Bus Stop Studios, 53 London Rd
busstopstudios.com/classes
Meditation and Breathwork with Jung-ui
7.30pm - West Hill Community Centre, Croft Rd
£55 for a four-week course. *jung-ui.co.uk*
Aerial Hoop Class
8.30pm - The Humble Hub, 4-5 Shepherd St
£15 Cherry, *the-humblewarrior.co.uk*

Fridays
Pilates - Intermediate
9.00am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, *the-humblewarrior.co.uk*
Traditional Yoga
9.00am - Horntye Park Sports Complex, Bohe-mia Rd
Intermediate class £12
Booking and details *ninayoga.co.uk*
Qigong: Feel better with Therapeutic Movements
9.30am - Salvation Army Hall
Suitable for all ages. More info: *qigongclass.co.uk*
Seated Exercise Class
10.15am - Play Sport Fitness Hub, Elphinstone Road
For those who struggle to exercise while standing. £3.30. Booking is essential *eequ.org/experience/7024*
Classical Yoga
10.30am - The Humble Hub, 4-5 Shepherd St
£10 Kate Shaw, *the-humblewarrior.co.uk*
Conversational Spanish
11.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Yin Yoga
11.30am - Horntye Park Sports Complex, Bohe-mia Rd
Floor-based yoga for all abilities. £7 Bookings: *Ninayoga.co.uk*
Slow & Steady Mobility
1.00pm - Isabel Blackman Centre, Winding St
Easy and accessible standing workout. Register at: *isabelblackmancentre.co.uk*
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Yin & Yang Yoga
4.00pm - The Humble Hub, 4-5 Shepherd St
£10 Joanna Allen, *the-hum-*

<i>blewarrior.co.uk</i> Martial Arts Free Trial Lesson 5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: <i>martialartshastings.com</i> Beginners Creative Writing Group 6.15pm - Clifton Centre, 1 and 2 Stainsby St Contact: <i>info@theclifton-centre.com</i> for details. Chanting Choir 8.00pm - Ore Community Centre, 455 Old London Rd Deepening our wellbeing through chants of the world, no singing ability required. Donation only. <i>aoibarameditation.co.uk</i> Breathe and Stretch with Karen Arthur 8.00am - Afri-Co-Lab, 3, Marine Court Start the weekend energised and refreshed. £5 concessions <i>afri-co-lab.org</i> Pilates: mixed ability with Sally Paffard 9.00am - Zoom class <i>sallypaffard@gmail.com</i> IBC Traditional Yoga 9.30am - Isabel Blackman	Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Beginners Spanish 10.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Mindful Yoga 10.30am - St Leonards Studio, Royal Victoria A slow meditative practice. £12, concessions available. <i>stleonards.studio/classes/mindful-yoga/</i> Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email <i>Theresa.Stleonardsart-school@outlook.com</i> Breathe Better 11.00am - Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: <i>isabelblackman-centre.co.uk</i> Mindful Yoga Flow 12.30pm - The Humble Hub, 4-5 Shepherd St £10 Kareena Lawson, <i>the-humblewarrior.co.uk</i>	Inclusive Dance for Adults with Moderate Learning Disabilities 1.30pm - The Hastings Centre the Ridge, The Ridge £5 Register <i>www.dance-hastings.com</i> Chair Yoga – A supported approach 2.30pm - St Leonards Studio, Royal Victoria Supported yoga for those with reduced mobility. £6. Email <i>zowie@stleonards.studio</i> or visit <i>stleonards.studio</i>. Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: <i>isabelblackmancentre.co.uk</i> Womb Yoga 5.30pm - The Humble Hub, 4-5 Shepherd St £15 Seraphina, <i>the-humblewarrior.co.uk</i> Chi Kung/QiGong 6.00pm - Ore Community Centre, 455 Old London Rd Gentle movements for wellbeing. Donation only. <i>aoibarameditation.co.uk</i> Aoi Bara Meditation	7.00pm - Ore Community Centre, 455 Old London Rd An hour of guided meditations. Donation only. <i>www.aoibarameditation.co.uk</i> Saturdays Zoom Hatha Yoga 9.00am - Online only. Pranayama, practice and relaxation, video available. Contact: <i>Louise.ovesyoga@gmail.com</i> Pure stretch 9.15am - Isabel Blackman Centre, Winding St All abilities stretching class. Register: <i>isabelblackmancentre.co.uk</i> Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email <i>Theresa.Stleonardsart-school@outlook.com</i> Morning Flow Yoga 10.00am - Bank House, 144 London Rd Ease into your weekend with mindful movement and breathwork. More info: <i>yoga-by-the-sea.co.uk</i> Martial Arts Free Trial Lesson 10.00am - Ark Alexandra	Academy (Staff entrance), Park Ave Families welcome. Booking: <i>martialartshastings.com</i> Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St Register: <i>isabelblackman-centre.co.uk</i> Meditation and Breathwork with Jung-ui 10.45am - The Stables Theatre, The Bourne Contact on Instagram: @meditate.with.jungui Intermediate French 11.00am - Isabel Blackman Centre, Winding St Register for class at: <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.15am - 12 Maze Hill also 12.15pm £13.50 per person - All Materials Included. Email <i>Theresa.Stleonardsart-school@outlook.com</i> Yoga Flow 11.30am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i>	Gong Bath Sessions 2.00pm - 4 Courts Wellbeing Centre, off Sydney Close Find out more via GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083. Vinyasa Flow Yoga 8.00am - The Humble Hub, 4-5 Shepherd St £10 James Loosemore, <i>the-humblewarrior.co.uk</i> Power Sunrise Flow 9.00am - With Hannah. £9. Find out more <i>www.madre-sl.com</i> Aerobics Class 9.30am - The Humble Hub, 4-5 Shepherd St £8 Jensy Azucena, <i>the-humblewarrior.co.uk</i> Strong Yoga with Lucy 10.00am - Morning Yoga via Zoom. <i>lamiles@hotmail.co.uk</i> Antenatal Class 10.00am - The Crown, 64-66 All Saints' St First Saturday morning of every month, free! Tennessee Williams Acting & Directing Group 10.00am - The Stables Theatre, The Bourne
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Immortality, Eternity, Angst

VICTORIA KINGHAM on the moving experience of the Still Life

The new exhibition at Hastings Contemporary that opened last Saturday must be one of the more significant shows so far presented there. Immortal Apples, Eternal Eggs (named from an apt quotation by Virginia Woolf) combines items from two important UK Art collections, the Ingram Collection and the Roberts Institute. Together, these house significant works made over a span of more than 100 years, and this exhibition is made up of a selection of more than 50 of them.

There is something deeply unsettling about these carefully chosen paintings and sculptures. Nobody will come out of the exhibition still naively thinking (if you ever did) that a still life is somehow just an extension of an art class, an academic exercise. Consider, for example, Sarah Lucas' sculpture *Grace* (2006). It's anything but graceful. Two pairs of unfinished 'legs', joined at the centre, lean back over an old-fashioned wooden school chair of the kind used in the 1940s. Stuffed with kapok, bound with something that looks like bandages and dressed in tights, this singularly graceless and unfinished humanoid calls to mind

countless other 'human' activities and artefacts, from serious injury medical treatment through 'penny for the guy' ideas to bodily mutilation, from dreary school classrooms to cross-dressing to gender ambiguity. If you think this is a fanciful extension of ideas please go and see the exhibit: I defy anyone who examines it to not emerge with a head full of ideas.

Mark Gertler's picture was, of course, painted more than a hundred years before. I have always liked his work, so modernist, so intense, beautifully ornamental and design-oriented in unique bold colour combinations but at the same time always redolent of something sinister. The work in this exhibition, *The Doll* (1914) is typical. Humanoid obviously, Gertler's Dutch Doll stares out directly at the onlooker, synthetically rosy cheeks are echoed by the 'real' bowl of apples below. The lower sections of the doll's arms and legs, crudely constructed, look dismembered, and the whole composition is, like Gertler's most famous painting: *The Merry Go Round*, a figure playing at real life, a parody of the actual, yet infinitely more than a

collection of inanimate objects. Though Gertler was essentially a realist painter, he was at pains to create an overall design and pattern. But we can see, retrospectively, premonitions of the eerie De Chirico 'Mannequin' paintings done ten years later. Questions are inevitably raised, in the mind of the viewer, about the nature of reality, and of humanity within that reality. Gertler gassed himself in 1939, the onset of war; Virginia Woolf, a friend and contemporary, a year later.

The exhibition is highly intelligently curated in three sections, raising three different categories of thought: nature and culture, trace and absence, and production and consumption. There is nothing still in these still lives: there are darker undercurrents of death, violence, and exploitation. Woolf called the still life a token of "a spiritual reality immune from destruction, the immortal apples, the eternal eggs".

This important exhibition, not to be missed, shows at Hastings Contemporary until 16 March 2025. More details: hastingscontemporary.org



← Sarah Lucas: *Grace* ↑ Mark Gertler: *Doll*

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