



Hastings Age Friendly What's On Guide Autumn/Winter 2026

Seated dance and gentle movement class, Thursdays 10.30-11.30, at Central Hall. £5 per class. To register to attend, please email Leila dancetherapy69@gmail.com

Thursday 10th September, 10.30-12, Central Hall

Age Friendly coffee morning and Hays Travel presentation. Places must be booked in advance - debby@hastingsvoluntaryaction.org.uk or call 01424 444010

Starting 21st September and then running throughout September/October and November we are offering free Cultural Cookery workshops, 10.30-12.30 at Central Hall. To book on, please email or call Debby as above. Other cookery workshops on a range of different themes are also coming soon!

Tuesday 22nd September, 11-1, Central Hall

A Trip Down Memory Lane: join HVA and Alzheimer's Society for a morning reminiscing about your memories of Hastings through conversation and sharing of pictures, objects, music and photographs. To book please email or call Debby as above.

Friday 25th September, 10-1, Central Hall

Fun session with Chef John making healthy snacks for the 2026 St Michael's Hospice Moonlight Walk which takes place on the Saturday night.

Monday 28th September, 12.30, Coast Restaurant

Age Friendly Lunch Club at Coast Restaurant, College, Station Plaza. Two courses for £10 prepared and served by College Hospitality students in the beautiful Coast Restaurant on the 2nd floor of the College building (lift available). Advance booking essential on 030 300 38456.

Thursday 8th October, 11-1, Priory Meadow

The popular Cuppa Club event alongside HVA's Preparing for Winter community information marketplace. Join our partners in Priory Meadow shopping centre for free tea, cake and good company. Lots of information available on staying warm and well this Winter at the information marketplace too.

Thursday 22nd October, 10.30-12.30, Central Hall

Age Friendly goes large! As part of ESCC Older People's month celebrations, we are holding our biggest ever coffee morning! This includes an Ageing Well Zone upstairs in Central Hall with a range of different activities to take part in. Access to the Ageing Well Zone via stairs or lift. To book please email jane@hastingsvoluntaryaction.org.uk or call 444010.

Tuesday 10th November, 11-1.30, Central Hall

2026 Age Friendly Diwali event. Join us for a colourful fusion of culture and food celebrating this popular festival of light. To book please email jane@hastingsvoluntaryaction.org.uk or call 444010.

Friday 27th November, College Christmas lunch, 12.30

Age Friendly Christmas Lunch at Coast Restaurant, College, Station Plaza - two courses for £10 prepared and served by College Hospitality students in the beautiful Coast Restaurant on the 2nd floor, lift available of the College building. Booking essential on 030 300 38456

Tuesday 15th December, 11-1.30, Central Hall

Age Friendly Christmas party. Let's end the year together with festive treats and celebrations. We encourage everyone to bring an item of food – sweet or savoury to add to the buffet table. To book your place please email jane@hastingsvoluntaryaction.org.uk or call 444010

Due to the popularity of our Age Friendly Central Hall events, we do ask that people book in advance where stated to avoid disappointment. You can do this via email or phone as indicated. Please include details of the event/events you are booking for in the email. You can also join our WhatsApp group to get 'Hot Off The Press' info on new activities and sessions being added throughout the year.

***Coming soon!* As well as all of the things mentioned above there are also other activities in the pipeline- more details will be released soon – these include: New Digital Drop Ins 2027; new fitness class (balance/strength); Climate focus group; Creative Health focus group; Homecare Services event; Health checks, Frailty and Healthy Ageing info session.**

If you have questions about any of the things mentioned in this newsletter, or would like to join our Ageing Network in partnership with Hastings Borough Council to share your thoughts on age-related themes and to participate in working groups, then please do give us a call on 07513 234 307 or 01424 444010.



Central Hall, 6 Bank Buildings, Station Rd, Hastings, TN34 1NG



WHAT3WORDS

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