



The All Saints Community, Arts and Youth Centre August Programme

To get our monthly guide to what is taking place at the All Saints please e-mail us on the address below.

The All Saints Centre cannot take responsibility for any programme changes. All events are the responsibility of the individual organisers. For tickets and more information please see individual listings. The Centre is open 7 days, but hours vary with the programme of events. Please call to arrange a time if you wish to view the space.

The All Saints Centre
Friars Walk, Lewes,
East Sussex, BN7 2LE
01273 486391
asclewes@lewes-tc.gov.uk
www.lewes-tc.gov.uk

Monday

Zumba Fitness Join the party for a **Latin inspired, easy to follow, calorie burning, dance fitness class.** 9.30am to 10.30am Main Hall. Classes are pay as you go, no need to book, £6 a class. Join us and get fit, get happy!
zumbahappy@gmail.com

The Voiceworks Company of Singers If you love singing, you'll love this!

A relaxed choir for ALL abilities. A friendly community choir with singing coach Haley Stevens. 11am to 12.30pm. Small Hall. £51 for 6 weeks, first workshop is FREE! Contact Haley to book 07984 014509 or visit www.voiceworkshops.co.uk

BounceBack Cardiac Exercise Class. Run by a friendly, BACPR accredited cardiac rehab specialist. 3pm to 4pm £5.50/£6 per session. For details contact Toby 07793 241417 or toby@bbfit.co.uk

Lewes writing workshop Ever wanted to write about your first love, a memorable journey, or create a better plot for your favourite soap? This workshop is ideal for writers of all abilities. 10 sessions £120. 7.45pm to 9.45pm Small Hall. For more information contact Roddy on 07758 367479 or roddy.phillips@btinternet.com www.bournetowrite.co.uk

Wednesday

BounceBack Cardiac Exercise Class. Run by a friendly, BACPR accredited cardiac rehab specialist. 10.45am to 11.45am £5.50/£6 per session. For details contact Toby 07793 241417 or toby@bbfit.co.uk

Thursday

Lewes Glynde Beddingham Brass
Full band 8pm to 10pm. Experienced players welcome along. More details email Jane Stewart on secretary@lgbbrass.co.uk

Friday

PlayGroup Informal drop-in for parents & tots for play and for conversation! Lots of toys, activities & refreshments. 10am to 11.30am. Main Hall. £2 per family. howephil@gmail.com

BounceBack Cardiac Exercise Class. Run by a friendly, BACPR accredited cardiac rehab specialist. 12.30pm to 1.30pm Main Hall. £5.50/£6 per session. Contact Toby 07793 241417 or email toby@bbfit.co.uk

Saturday

Duende Dance School Specialist in **Flamenco & Spanish dance classes for all adults & children, all ages & abilities, recognised exam syllabus available if preferred,** 9.15am to 1.15pm Small Hall. With Helena "La Leyenda" – with 30 years teaching experience. For more info contact Helena 07963 959262 or helenadot@aol.com

ONE OFF EVENTS

Cello Course with Catherine Black The annual international Summer School, tailor-made for all passionate cellists with its own repertoire designed to immerse & develop you at a deep level. Sunday 28th July to Friday 2nd August. For more information please visit www.cellocourses.com

Der Wald Fight School are a Historical martial arts group basing their work off the Liechtenauer fighting tradition developed for Knights in the 14th century. They are presently developing their curriculum at the All saints Centre. If you are interested in joining or want to know more, please contact Neal Ciotach@protonmail.com <https://www.instagram.com/liechtenauerinsussex/>

A Mindful Choice film screening. Two modern day monks meet a diverse range of people making the choice for a better life through meditation. Stunning cinematography combined with the power of people sharing from a place of profound peace delivers a palpable and moving experience. Monday 12th August Doors 7.30pm for an 8pm start. In aid of The Oyster Project charity. Tickets £3 available online via tinyurl.com/choicethefilm

An Introduction to Ascension Meditation ***Free***

Following on from the award winning film *A Mindful Choice*, two teachers of this life-changing practice show you the fastest way to de-stress and experience more peace. Learn what Ascension is and the invitation it offers to a completely different way of living. Discover how to let go of limiting habits and beliefs, heal your body, your relationships and much more. Friday 16th August 7.30pm. For more information please contact Amber Thorne 07375047401

Lewes Youth Band are proud to present their debut concert. Join us for an evening of Jazz and Big Band standards and a world premiere of a new composition. There will also be a chance for you to conduct the band! Performed by young musicians from all around the South East including students that are going onto top UK conservatoires, this evening is guaranteed fun and enjoyable event for everyone, children included! Tickets by donation, on the door only. Friday 23rd August. Doors open at 7pm concert starts at 7.30pm. There will be a 30min interval and refreshments available. Contact us at lewesyouthband@gmail.com find us at www.facebook.com/lewesyouthband

South Street Bonfire Society presents Jigsaw

1960's film night. Starring Jack Warner, Jigsaw is a crime thriller set and filmed in Brighton and Lewes. This film provides a black & white evocative portrayal of Lewes in those times. The film will be preceded by a guess-the-location quiz of places in Lewes in 1960 that are now lost. Friday 30th August. Doors 7pm for a 7.30pm start. £8 in advance from the Tourist Information Centre in person or by phone 01273 483448. Limited to capacity so tickets may not be available on the door. Please book in advance to avoid disappointment.