



WELCOME

Although Bellowhead's gig sold out on the same morning it went on sale, there are still plenty of delights on offer this autumn, including a whole array of other folk gigs. These include two winners of 2015 BBC Folk Awards; Bellowhead member Sam Sweeney (Folk Musician of the Year) and Nancy Kerr (Folk Singer of the Year), along with folk-favourites Seth Lakeman and Cara Dillon.

In what is our busiest season to date, you will find the usual tantalising mix of classical music, jazz, world music, pop & rock, folk, children's events, comedy and speakers. Come and join us and find out what makes the Apex so special!

THE APEX CAFÉ

The Apex foyer café is open for delicious drinks, cakes and snacks from Monday – Saturday 9.30am–5.30pm and on Sunday 10.30am–4pm. The ethically focused café serves triple-certified Fairtrade and organic coffee. You can sit at a table in the foyer, or out in Charter Square if the weather is pleasant, or you can head upstairs to the beautiful Lounge and Art Gallery.

PRE-CONCERT DINING

Available from just £6! For more information, or to make a reservation, call 01284 758110 (lines open Mon–Sat 10am–4.30pm) or see www.theapex.co.uk/foodanddrink

HIGHLIGHTS



SAM SWEENEY'S FIDDLE
TUE 8TH SEPT



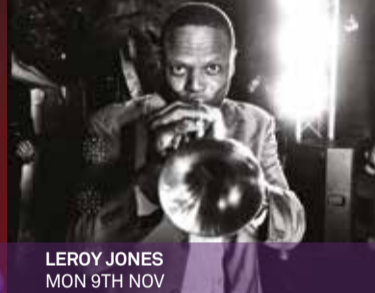
NAMVULA
MON 28TH SEPT



DUKE SPECIAL
THU 15TH OCT



TOM ROBINSON
TUE 27TH OCT



LEROY JONES
MON 9TH NOV



GEORGINA JACKSON (SONGBOOK SUNDAYS) • SUN 22ND NOV



EXERCISE & WELL-BEING

INTRODUCTION TO YOGA

TUESDAYS 5.45pm–7pm & WEDNESDAYS 1pm–1.45pm
Postures (asanas), breathing & meditation techniques.

PILATES CLASS • TUESDAYS 7pm–8pm

Mat-based class which aims to develop core muscles strength, flexibility & posture.

Dates may change, please see www.theapex.co.uk or ring 01284 758000 for up-to-date information.

our bury st edmunds... festival of sport

12TH–20TH SEPTEMBER 2015

SAT 12TH – SUN 20TH SEPTEMBER

The Festival of Sport takes place throughout the town and aims to introduce people of all ages & abilities to sports & exercises that they may never have tried before, and to encourage participation through taster sessions and events by local clubs.

Events at The Apex include:

JOHN INVERDALE SPORTING DINNER

MON 14TH SEPT – see events diary overleaf.

FREE TASTER CLASSES FOR CHILDREN:

Tiddlywinks Baby Yoga, Saraha Yoga's Childrens Yoga, Tumble Tots, Suzanne Hume Schools of Dance's Bebe Ballet, Primary Poppets Ballet & Modern Dance.

FREE TASTER CLASSES FOR ADULTS:

Introduction to Yoga with Carole Baker, Pilates with Joyce, Positive Steps for Healthy Aging from Age UK Suffolk & Sarah Jeffreys-Emrys' Belly Dancing.

More classes to come!

Places are limited, so booking is advised to secure your place. Please contact The Apex Box Office.

SUNDAY BRUNCH

FIRST SUNDAY OF EVERY MONTH 11am–2pm / Free (No booking is required, simply turn up)
Weekends were made for relaxing! Bring your family along to 'Sunday Brunch' in the Apex Lounge; your children can join in with fun games and activities while you unwind with delicious food, the weekend papers and live acoustic entertainment.



FAIRS & MARKETS

THE APEX WEDDING FAIR

SUN 20TH SEPT 11am–3pm / Free
Take My Hand present Bury's biggest wedding fair, with 60+ stands.

STUDENT SHOPPING FEST

THU 24TH SEPT 4pm–7pm
Arc shopping offers, plus DJs & entertainment in The Apex

CHRISTMAS CARDS FOR GOOD CAUSES STALL

THU 8TH OCT – FRI 18TH DEC / Mon–Sat 10am–4pm

GREEN FAIR

SAT 14TH NOV 10am–4pm / Free
Sustainable living stalls, demonstrations & live music.

BURY ST EDMUNDS CHRISTMAS FAYRE

THU 26TH – SUN 29TH NOV

MARCH HARE CRAFT & GIFT FAIR

SAT 5TH DEC 10am–5pm / Free

CRAFT & GIFT FAIRS

SATURDAYS: 12TH & 19TH SEPT; 3RD, 17TH & 31ST OCT; 7TH, 14TH & 21ST NOV 10am–4.30pm / Free

THE APEX GALLERY

The Apex Gallery is open daily and holds a wide range of exhibitions by both emerging and established artists. Most works are for sale (unless otherwise stated).

MY BLUE HEART

WED 2ND – SUN 27TH SEPT

Supporting CLIC Sargent.

Launch evening: Sun 6th Sept 6pm–8pm

Exhibition & workshops interpreting love & loss.

COUNTY UPPER SCHOOL EXHIBITION

TUE 29TH SEPT – SUN 11TH OCT

THE BIG DRAW

TUE 13TH OCT – SUN 1ST NOV

Showcase: Thu 29th Oct 6–8pm

Exhibition & workshops.

FINE ART PRINTS

TUE 3RD NOV – SUN 3RD JAN

Launch evening: Thu 5th Nov 6–8pm

Exhibition & workshops by Gainsborough's House Print Workshop.

OTHER EVENTS

CHESS CLUB

EVERY TUESDAY 3.30pm–5.30pm / Free

Bury St Edmunds Chess Club, everyone welcome, sets available.

STRICTLY SATURDAYS

SAT 5TH SEPT & 10TH OCT & SUN 1ST NOV

2.30–4.30pm / Free

Ballroom and Latin dancing.

HARMONICA WORKSHOP WITH STEVE LOCKWOOD

SAT 12TH SEPT, 10TH OCT & 14TH NOV 12pm–3.30pm / £30



ALSO NOW ON SALE

- **MARTY WILDE: BORN TO ROCK N ROLL** / TUE 1ST DEC 7.30pm
- **ADMISSION ONE SHILLING WITH PATRICIA ROUTLEDGE & PIERS LANE** / THU 3RD DEC 7.30pm
- **ABBA PARTY NIGHT** / SUN 6TH DEC 7.30pm
- **STEELEYE SPAN** / TUE 8TH DEC 8pm
- **SOUL LEGENDS** / THU 10TH DEC 8pm
- **LET'S HANG ON: THE MUSIC OF FRANKIE VALLI & THE FOUR SEASONS** / SAT 12TH DEC 7.30pm
- **ROY WOOD'S ROCK & ROLL CHRISTMAS PARTY** / MON 14TH DEC 7.30pm
- **THE LOCRIAN ENSEMBLE: CAROLS BY CANDLELIGHT** / TUE 15TH DEC, 7.30PM
- **JAZZ AT THE MOVIES: A SWINGING CHRISTMAS** / WED 16TH DEC 8pm
- **LET'S TWIST AGAIN STARRING CHRIS MADIN** / THU 17TH DEC 7.30pm
- **ORCHESTRAL CAROLS BY WEST ROAD CHURCH** / SUN 20TH DEC 6pm
- **THE SNOW QUEEN** / MON 21ST DEC 11.30am & 3pm
- **AN ALBION CHRISTMAS** / WED 23RD DEC 8pm
- **JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT** / TUE 29TH DEC 7.45pm; WED 30TH DEC 7.45pm; THU 31ST DEC 4pm; SAT 2ND JAN 2.30pm & 7.45pm

ABOUT THE APEX

The Apex is situated in the heart of Bury St Edmunds, close to the train & bus stations and numerous car parks. The box office is open Mon–Sat, 10am–5pm & an hour before events, 24-hour booking is available on the website. Concession categories change according to event. See website for terms & conditions. Event information is subject to change. For map & directions see website. Closest parking at arc/Cattle Market car park, for Sat Nav use IP33 3DG.

West Suffolk
working together

BuryFreePress

THE APEX
AWARD-WINNING VENUE



SEPTEMBER – NOVEMBER 2015

WHAT'S ON

BOOK TICKETS AT
THEAPEX.CO.UK
01284 758000

The Apex, 1 Charter Square
Bury St Edmunds IP33 3FD

