



## Bemerton Live

## April 2026

Activities aimed at the Over 55s.  
Social coffee mornings with gentle exercise classes,  
in the wonderful setting of St John's Place.  
Try a new activity, meet new friends and stay mobile.  
Friday mornings - Doors open 10:15, class starts 10:30  
Coffee and biscuits after class, at 11:15 approx  
Everyone welcome!

3 April	No Bemerton Live today
10 April	10.30 Music and Movement with Debbie
17 April	10:30 Yoga and Stretch with Samantha
24 April	10.30 New Age Kurling & other sports

Cost: £8, Refreshments included  
Your first Bemerton Live is free – try a 'taster' session at no charge!  
No special clothing/equipment required, just wear loose and  
comfortable clothing

St John's Place, Lower Road, Bemerton, Salisbury, SP2 9NP

[www.stjohnsplace.uk](http://www.stjohnsplace.uk)