



St. John's Place
the heart of the community

Bemerton Live

March 2023

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 10:30 - Everyone welcome!

March 3 rd	10:45 Exercise to Music with Jane	11:30 Coffee break
March 10 th	10:45 Chair Yoga with Samantha	11:30 Coffee break
March 17 th	Music and movement with Liv	11:30 Coffee break
March 24 th	New Age Kurling and other sports with Tom	11:30 Coffee break
March 31 st	10:45 Zumba with Kirsty	11:30 Coffee break

£5 Refreshments included.

No special clothing/equipment required, just wear loose & comfortable clothing

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

www.stjohnsplace.uk