

Bemerton Live

December 2025

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!

Dec 5 th	10:30 New age Kurling and other sports	
Dec 12 th	10:30 Yoga and Stretch with Samantha	
Dec 19 th	10:30 Music and Movement with Debbie	
Dec 26 th		Seasonal break Bemerton Live returns on Friday 9th Jan 2026 Best wishes for Christmas and the New Year!
Jan 2 nd 2026		

Cost: £7, 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