



St. John's Place
the heart of the community

Bemerton Live

July 2022

Activities aimed at the Over 55s.

Social coffee mornings with a gentle exercise class, in the wonderful setting of St John's Place - try a new activity, meet new friends & stay mobile.

Friday mornings - Doors open 10:30, exercise session at 10:45

The exercise session is followed by 'coffee and chat'

Everyone welcome!

Date	Instructor
Fri July 1 st	Sean – Seated Sports
Fri July 8 th	Jane – Music and Movement
Fri July 15 th	Louise – Chair Yoga
Sun July 17 th	Senior Games at Sarum Academy – <i>great fun when last held in 2019 and we'll be fielding a team from Bemerton Live!</i>
Fri 22 nd July	Louise – Chair Yoga
Fri 29 th July	Sean – Seated Sports

Cost: £5, Refreshments included.

Your first Bemerton Live is free – so try a 'taster' session at no charge!

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

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

www.stjohnsplace.uk