

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!

Nov 1 st	10:30 New age Kurling and other sports
Nov 8 th	10:30 Yoga and Stretch with Samantha
Nov 15 th	10:30 Music and Movement with Debbie
Nov 22 nd	10:30 Chair yoga with Tanya
Nov 29 th	10:30 Music and Movement with Debbie

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