



Bemerton Live

September 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!

Sept 8 th	10:45 New Age Kurling and other sports with Tom	11:30 Coffee break
Sept 15 th	10:45 Chair yoga with Samantha	11:30 Coffee break
Sept 22 nd	10:45 Exercise to Music with Jane	11:30 Coffee break
Sept 29 th	10:45 Exercise to Music with Holly	11:30 Coffee break

Cost: £5, 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