



Bemerton Live

Sept/Oct 2022

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.

September 2 nd	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
September 9 th	10:45 Chair yoga with Louise	11:25 Coffee and conversation
September 16 th	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
September 23 rd	10:45 Chair yoga with Louise	11:25 Coffee and conversation
September 30 th	10:45 Seated Sports with Sean	11:25 Coffee and conversation
October 7 th	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
October 14 th	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
October 21 st	10:45 Seated Sports with Sean	11:25 Coffee and conversation
October 28 th	10:45 Chair yoga with Louise	11:25 Coffee and conversation

Friday mornings - Doors open 10:30 - Everyone welcome!

Cost: for class and refreshments £5

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

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

www.stjohnsplace.uk