



St. John's Place  
*the heart of the community*

Bemerton Live

December 2018

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Activities aimed at the Over 55s.  
Social coffee mornings, gentle exercise classes, occasional guest speakers.  
Try a new activity, meet new friends and stay mobile.  
Everyone welcome!



**7 Dec.** Please note the time change for this Friday: **10 am – 11 am**

10.10 am Seated Zumba with Kirstie  
Tea / coffee  
Doors close at 11 am

**14 Dec.** **10 am – 12 am**

10.15 am Seated Zumba with Kirstie  
Tea / coffee break  
11.30 am Gentle Pilates with Alex  
Doors close at 12 o'clock

### **CHRISTMAS BREAK**

Bemerton Live will be closed on Fridays 21<sup>st</sup> and 28th December.

**Cost:** 1 class £3 / 2 classes £5. Refreshments included.  
No charge for the first Bemerton Live you attend.

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

[www.stjohnsplace.uk](http://www.stjohnsplace.uk)

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