



St. John's Place
the heart of the community

Bemerton Live

November 2018

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!

Always on Fridays. Doors open 10 am.

2 Nov	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.40 am	Chair Yoga with Anthea
9 Nov	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.30 am	Gentle Pilates with Alex
16 Nov	10.15 am	Seated Zumba with Kirstie IT training with Mike Coffee Break
	11.40 am	Chair Yoga with Anthea
23 Nov	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.30 am	Gentle Pilates with Alex
30 Nov	10.15 am	Seated Zumba with Kirstie Coffee Break
	11.40 am	Chair Yoga with Anthea

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

Contact: Sabine Dawson, sabinestjohns@gmail.com, 07593 555083

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www.stjohnsplace.uk