## mencap Ryedale and District CIO

## Activities Calendar 2024

Yoga: Monday evenings (7-8pm) on Zoom on the following dates.

January 15, 22, 29.

February 5, 19, 26.

March 4, 11, 18, 25.

April 8, 15, 29.

May 13, 20.

June 17.

More dates to follow.

**Disco:** Wednesday evenings (7-8pm) on Zoom on the following dates.

January 24, 31.

February 7, 21.

March 6,13, 20, 27.

April 10.

May 1, 8, 15.

June 12.

More dates to follow.

Friday Social: Friday evenings (7-8pm) on Zoom on the following dates.

January 26.

February 2, 9, 23.

March 1, 15, 22.

<u>Hall Cuisine</u>: A fundraising meal held at Victory Lodge in Pickering, Saturday 16<sup>th</sup> March, doors open 6.30, service at 7pm, £30/person without transport, £50/person with transport. Essential care eat free. Limited places booking is essential. Menu will follow in February for

you to make your choices. Meals must be booked and paid for by February 21<sup>st</sup>. It is not possible to make refunds if you do not attend as the food will have already been bought.

<u>Friday Activities:</u> In person at Newton upon Rawcliffe Village Hall. Transport provided (Places must be booked at least a week in advance and if booked must be paid for even if you do not attend the activity as places are limited and transport will already be in place and have to be paid for by us). £30 per session. 1-6pm. Many activities including drama, art and crafts, music, dancing, cooking and many more.

April 5, 12.

May 3, 10, 17.

June 14.

July 12, 19, 26.

September 6, 20.

October 4, 11, 25.

November 15, 22, 29.

<u>Caravan Holidays</u>: 1 (19-21 April), 2 (31<sup>st</sup> May - 2<sup>nd</sup> June), 3 (7-9 June), 4 (21-23 June), 5 (5-7 July), 6 (13-15 September), 7 (27 - 29 September), 8 (18-20 October). £450 each. Max 2 members on any holiday. Supported breaks including transport and breakfast. Meals out and any activities, shows etc will incur an extra cost. Limited places so booking quickly is essential, places are issued on a first come first served basis and only secure once a non refundable £100 deposit is paid.

<u>Rugged Outdoors</u> 26<sup>th</sup> April 1pm-6pm more details including transport to follow. Fully Booked <u>Peat Rigg</u> 24-26 May Fully Booked More details to follow.

Bookings can be made by email josephinehallmencap@outlook.com, call or text 07702783574.

Here's the Zoom link and codes for all our zoom sessions:

Join Zoom Meeting

https://us06web.zoom.us/j/83295625348?pwd=ME5lbnNZd2QvM3g3M3BQRHFvbERJQT0

Meeting ID: 832 9562 5348

Passcode: 096213