

Ryedale & District Mencap Zoom Timetable

(23/11/2022 – 31/3/2023)

For all sessions except Wardell Bingo please use the Mencap Zoom link or codes at the bottom of the page.	2-3pm	7-8pm
Monday	Fun and Games	Members Meeting
Tuesday	Let's Dance	No Zoom Activity
Wednesday	Stretch and Tone	Disco
Thursday	Craft and Chat	Dance Exercise
Friday	Let's Get Digital	Wardell Bingo! Meeting ID 470 190 9664 Passcode 802676

If there is a special in person or zoom activity on any day, we will let you know by email, if you are on the mailing list or you can check the website www.ryedalemencap.org for all the latest news and activities.

Link for Mencap zoom sessions <https://us06web.zoom.us/j/84388907688?pwd=Z2NnVGllMGh4eFVMZWdYR3g0SG1PUT09>

Meeting ID: 843 8890 7688

Passcode: 344671