

Free

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Join in**

MANCHESTER PEOPLE FIRST

*we need **YOU** to join
our online Zoom sessions*

Every

MONDAY * TUESDAY * WEDNESDAY * THURSDAY
10:30am to 12 noon

**SEE YOUR FRIENDS, PLAY BINGO,
GUEST SPEAKERS, GENTLE EXERCISE, QUIZZES
AND MUCH, MUCH MORE**

If you have a tablet, computer, or laptop
send us an email: mcrpeoplefirst@gmail.com
We will send you an email at 10am every morning
and in 2 clicks you can join us online

