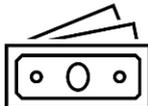


## Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

### Time Out Group activities 12<sup>th</sup> February – 17<sup>th</sup> February

|   |  |   |
|---|--|---|
| <b>Monday 12<sup>th</sup>,</b><br>10:30am-12:30pm, TOG Hub      | <b>Enterprise</b><br>Social enterprise - making and selling items                              |    |
| <b>Monday 12<sup>th</sup>,</b><br>12:45pm-3:30pm, (meet at Hub) | <b>TOG weekly trip</b><br>Valentine karaoke - <b>Spaces available if able to meet at venue</b> |    |
| <b>Tuesday 13<sup>th</sup>,</b><br>10:30am-3:30pm, TOG Hub      | <b>Together Time</b><br>Wellbeing activities and gardening                                     |    |
| <b>Wednesday 14<sup>th</sup>,</b><br>6pm-8:30pm, TOG Hub        | <b>Active Wednesday</b><br>Indoor games  |   |
| <b>Thursday 15<sup>th</sup>,</b><br>6pm-8:30pm, TOG Hub         | <b>Thursday social</b><br>Valentine disco  |  |
| <b>Friday 16<sup>th</sup>,</b><br>10:30am-3:30pm, TOG Hub       | <b>Foodie Friday</b><br>Fakeaway   |  |
| <b>Saturday 17<sup>th</sup>,</b><br>11am-2:30pm, TOG Hub        | <b>Creative Saturday</b><br>Valentines crafts  |  |
|   |  |   |
| Contact numbers:  | Abbie – 07456374646<br>Debbie – 07429119004<br>Office – 01625 520652                           |  |