








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

Time Out Group activities 18 March – 23rd March

Monday 18th, 10:30am-12:30pm, TOG Hub	Animation Multimedia project – animation with Matt	
Monday 18th, 1:20pm-4:30pm, Didsbury (meet at Hub)	TOG weekly trip Bowling – FULLY BOOKED	
Tuesday 19th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 20th, 6pm-8:30pm, Wilmslow URC	Active Wednesday Gym, sports and games	
Thursday 21st, 6pm-8:30pm, TOG Hub	Thursday social Bingo	
Friday 22nd, 10:30am-3:30pm, TOG Hub	Foodie Friday Hot cross buns	
Saturday 23rd, 11am-2:30pm, TOG Hub	Creative Saturday Musical movements	
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