

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

### Time Out Group activities 25<sup>th</sup> March – 30<sup>th</sup> March

<b>Monday 25<sup>th</sup>,</b> 10:30am-12:30pm, TOG Hub	<b>Animation</b> Multimedia project – animation with Matt	
<b>Monday 25<sup>th</sup>,</b> 12:45pm-2:45pm, Wilmslow (meet at Hub)	<b>TOG weekly trip</b> Fire Station – <b>FULLY BOOKED</b>	
<b>Tuesday 26<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 27<sup>th</sup>,</b> 6pm-8:30pm, Wilmslow URC	<b>Active Wednesday</b> Tennis Sue	
<b>Thursday 28<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Thursday social</b> Singing for fun	
<b>Friday 29<sup>th</sup>,</b> 10:30am-3:30pm	<b>CLOSED FOR EASTER</b>	
<b>Saturday 30<sup>th</sup>,</b> 11am-2:30pm	<b>CLOSED FOR EASTER</b>	
<b>Contact numbers:</b>	Abbie – 07456374646 Debbie – 07429119004 Office – 01625 520652	