

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

Time Out Group activities 4th March – 9th March

Monday 4th, 10:30am-12:30pm, TOG Hub	Multimedia project Animation with Matt	
Monday 4th, 2:20pm-4:45pm, Macclesfield (meet at Hub)	TOG weekly trip Snooker – PLACES TBC 1/3/24	
Tuesday 5th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 6th, 6pm-8:30pm, TOG Hub	Active Wednesday Gym, sports and games	
Thursday 7th, 6pm-8:30pm, TOG Hub	Thursday social Singing for fun	
Friday 8th, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy eating and kitchen skills	
Saturday 9th, 11am-2:30pm, TOG Hub	Creative Saturday Easter crafts	
Contact numbers:	Abbie – 07456374646 Debbie – 07429119004 Office – 01625 520652	