

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

Time Out Group activities 29th April – 4th May

Monday 29th, 10:30am-12:30pm, TOG Hub	Multi Media project Filming	
Monday 29th, 1:20pm-4:30pm, Parrs Wood (meet at Hub)	TOG weekly trip Bowling – FULLY BOOKED	
Tuesday 30th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 1st, 6pm-8:30pm, TOG Hub/park	Active Wednesday Sports and games	
Thursday 2nd, 6pm-8:30pm, Bulls Head, Handforth	Thursday social Drinks at the Bulls Head MEET AT BULLS HEAD	
Friday 3rd, 10:30am-3:30pm, Venue TBC (Meet outside Hub)	Foodie Friday Healthy choices	
Saturday 4th, 11am-2:30pm, TOG Hub	Creative Saturday Arts and crafts	
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