








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

Time Out Group activities 20th May – 25th May

Monday 20th, 10:30am-12:30pm, TOG Hub	Animation Multi-media project	
Monday 20th, 12:45pm-2:30pm, Macclesfield (meet at Hub)	TOG weekly trip Karaoke – FULLY BOOKED	
Tuesday 21st, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 22nd, 6pm-8:30pm, Park	Active Wednesday Outdoor games	
Thursday 23rd, 6pm-8:30pm, TOG Hub	Thursday social Singing for fun	
Friday 24th, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy choices	
Saturday 25th, 11am-2:30pm, TOG Hub	Creative Saturday D-Day theme	
Contact numbers:	Abbie – 07456374646 Anna – 07365520459 Debbie – 07429119004 Yvonne – 07735869719 Office – 01625 520652	