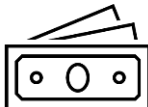





Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 26th February – 2nd March

Monday 26th, 10:30am-12:30pm, TOG Hub	Enterprise Canvas project – finishing our canvas paintings to sell	
Monday 26th, 1:20pm-4:30pm, Parrs Wood (meet at Hub)	TOG weekly trip Bowling – FULLY BOOKED	
Tuesday 27th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 28th, 6pm-8:30pm, Wilmslow URC	Active Wednesday Olympic games	
Thursday 29th, 6pm-8:30pm, TOG Hub	Thursday social Chair exercise with Karen	
Friday 1st, 10:30am-3:30pm, TOG Hub	Foodie Friday Healthy eating and kitchen skills	
Saturday 2nd, 11am-2:30pm, TOG Hub	Creative Saturday Easter crafts	
Contact numbers:	Abbie – 07456374646 Debbie – 07429119004 Office – 01625 520652	