











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

### Time Out Group activities 9<sup>th</sup> September– 14<sup>th</sup> September

<b>Monday 9<sup>th</sup>,</b> 10:30-12:30pm, TOG Hub	<b>Monday Makes</b> Enterprise shop / Puppet theatre	
<b>Monday 9<sup>th</sup>,</b> Meet at TOG Hub 1pm, pick up from Hub 4pm	<b>TOG Weekly Trip</b> Karaoke Time at the Railway View <b>FULLY BOOKED</b>	
<b>Tuesday 10<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 11<sup>th</sup>,</b> 6pm-8:30pm Hub / Park	<b>Active Wednesday</b> Indoor / Outdoor Games	
<b>Thursday 12<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> Singing for Fun	
<b>Friday 13<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Foodie Friday</b> Food reviews / Lunch at The Bulls Head	
<b>Saturday 14<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> Sensory dough and finger painting	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	

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**Luxome**

**Working together for greater independence**

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